THE SATURDAY EVENING POST

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Eric Schiffer: Thumbs Up for Fitness

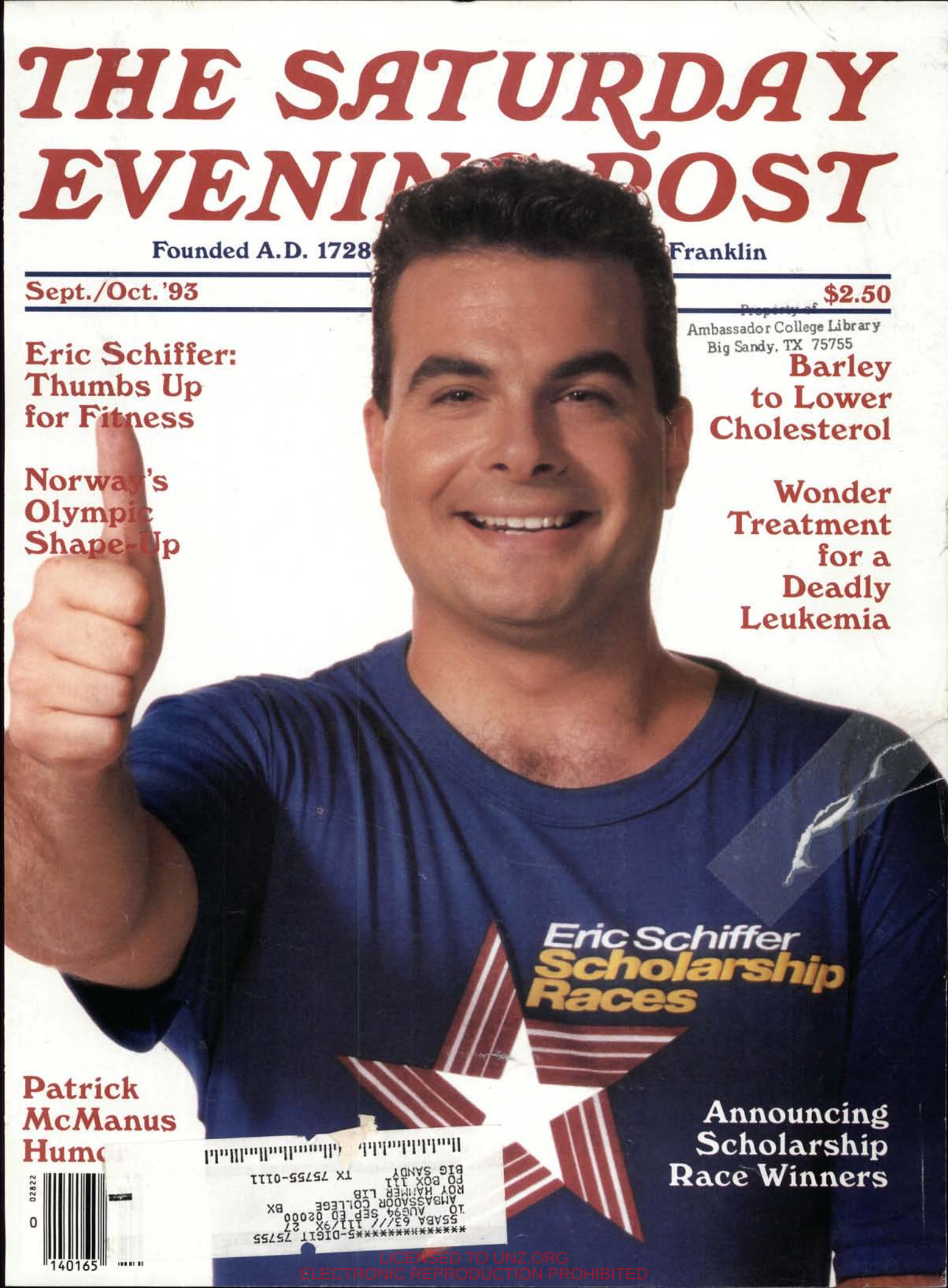
Norway's Olympic Shape-Up

Barley to Lower Cholesterol

Wonder Treatment for a Deadly Leukemia

Patrick McManus Humo

Announcing Scholarship Race Winners



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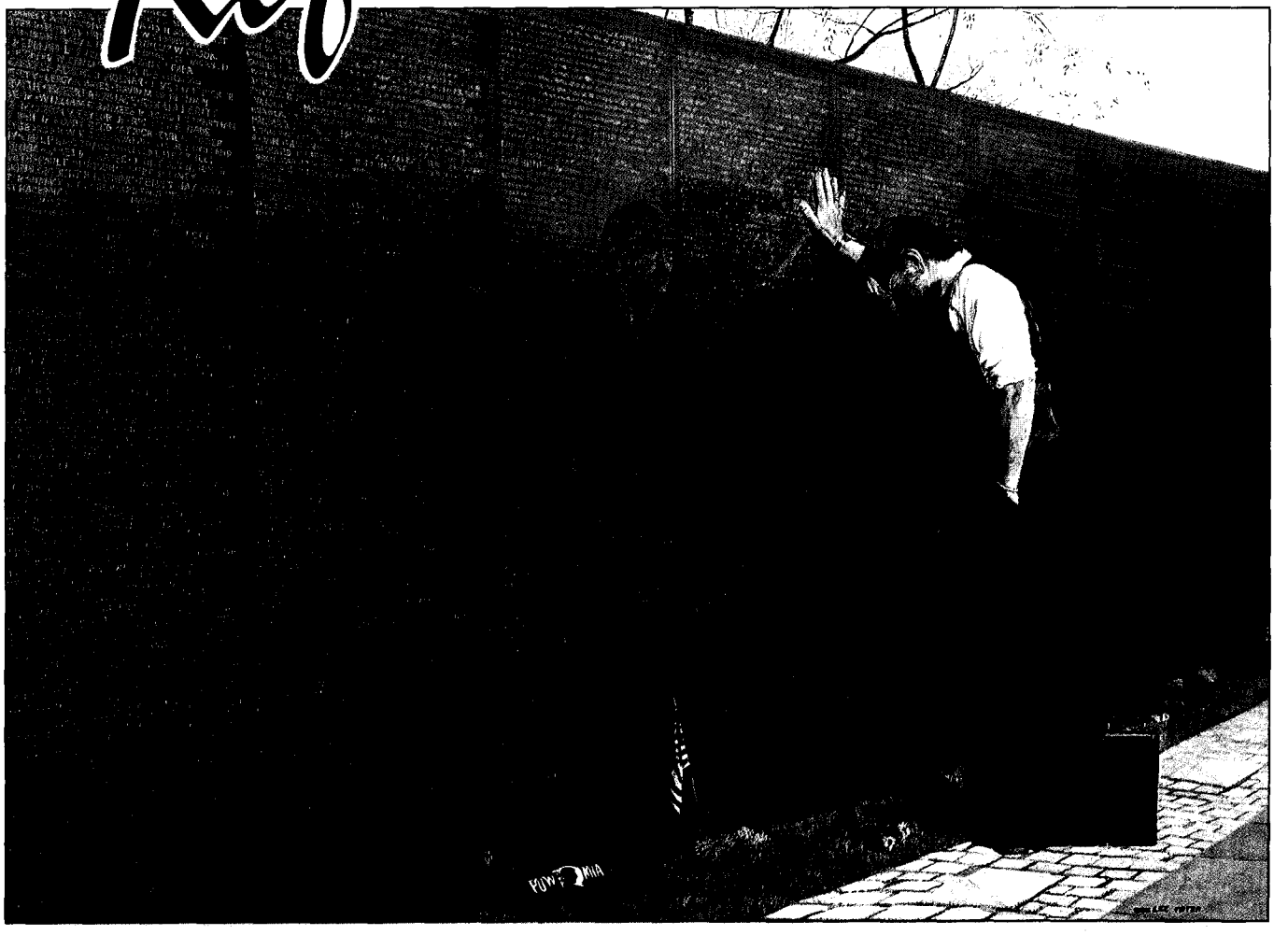
Reflections

by Lee Teter



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The Vietnam Veterans of America present the inspirational art print "Reflections" by Lee Teter which gives visual definition to the purpose and meaning that "The Wall" has for Americans – not just a list of faceless names, but a place to visit and remember people we love, who fought for each other and America.

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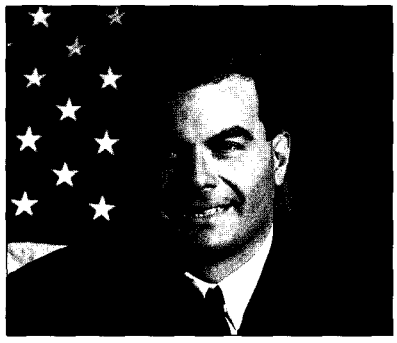
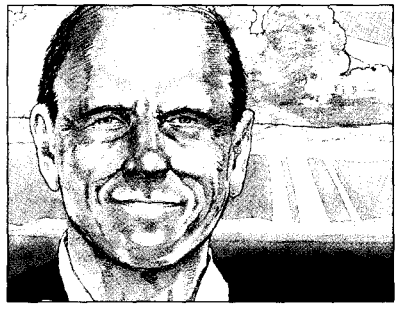


Helping Kids Be Winners—Twenty-six-year-old Eric Schiffer has made millions in business; now he's investing in tomorrow's generation. 38

Fitness, Fun, and Scholarship—headlined the first Eric Schiffer Races, where everybody came out a winner! 40



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(Cover photo of Eric Schiffer by Jeff Katz)

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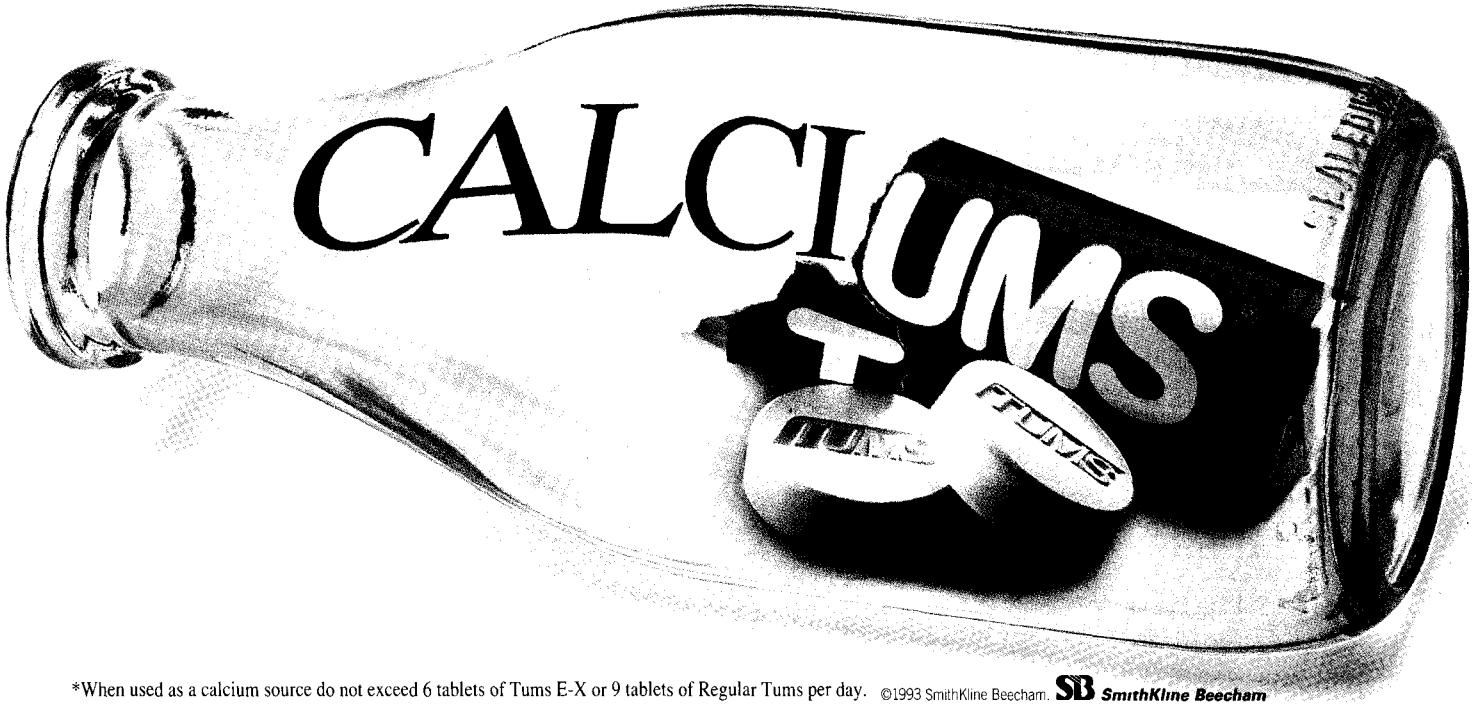

*When used as a calcium source do not exceed 6 tablets of Tums E-X or 9 tablets of Regular Tums per day.

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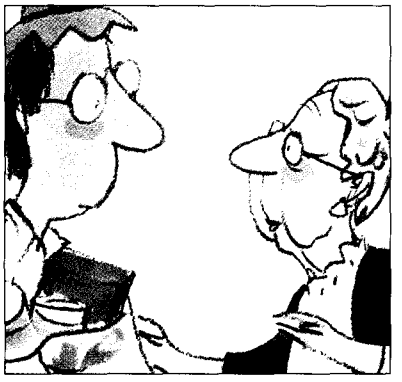

Lending a Hand—to humor writer Patrick McManus—is the *last* thing he needs. **18**

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Tulip Time—will find your garden a dazzling spring showcase by planning and planting *now*. **62**

Letters

Battling Emphysema

It makes me very proud to see my husband's article, "Breathless," published in your May/June '93 issue.

Shortly after the issue came out, a 65-year-old California man wrote to Ralph after reading his article. He was not able to reach us by phoning Plant City, so he contacted you to get our address. I really appreciate the effort he made to reach us.

He, too, had terminal emphysema, could hardly walk across the room, and was waiting for a lung transplant. He heard of a California doctor who had great success with laser surgery on diseased lungs. Against his own doctor's advice, he underwent a "laser bullectomy" and could walk miles, was lifting small weights to increase his lung capacity, and was getting his mountain bike ready to ride. His medicine was cut in half, and he no longer had to take Prednisone.

He sent my husband a brochure of the doctor's credentials and the hospital where the procedure was used, with a brief explanation of the laser surgery. Ralph had heard of this early in '92, and after receiving an informative letter from the California doctor, he discussed it with his doctors here. Because of his age, 72, and the extremely bad condition of his lungs, they did not recommend it. Unfortunately, he died Feb. 27, 1993.

There may be other emphysema patients who might be interested in this procedure. I'd be happy to give them the name and address of the doctor and the hospital, if they would phone me at (813) 754-9602 or write to 1009 E. Sandalwood Drive South, Plant City, FL 33566.

I really enjoy the *Post* and will continue to subscribe to it.

Helen L. Baird
Plant City, Florida

The article "Breathless," May/June '93, could have been written about my mother. She passed away March 30, 1993. She, too, was battling emphysema. In May '92, her left lung collapsed due to the thin tissue caused by emphysema. From then on, she was on oxygen 24 hours a day. She was in the hospital three weeks. In January '93, she contracted sinus and bronchial infections. The doctors had trouble getting the infection cleared

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HEALTH Post TIPS

The Surgeon General recommends increasing consumption of fiber

through whole grain foods and cereals, vegetables and fruits.

While you're probably well aware of the digestive benefits of fiber, nutrition experts recommend eating a high fiber diet for a variety of health benefits.

They've found that diets rich in fiber-containing grain products, fruits and vegetables, and low in saturated fat and cholesterol may reduce your risk of some types of heart disease and cancer, two diseases associated with many risk factors.

Try to include about 25 grams of fiber in your daily diet. One great way to boost your fiber intake is through high fiber cereals with whole wheat and wheat bran. Now is the time to improve your eating habits and make fiber part of your healthy diet for life.

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up with antibiotics. After being on antibiotics, she got colitis. When everything was pretty well cleared up, her left lung collapsed again. Eventually she had to be put on a respirator for five and a half days. There was a chance she wouldn't be able to come off the respirator. She'd always been a fighter. She came off it. We only had her for four more days. Her heart just wasn't strong enough to keep her going. She had been in the hospital 27 days.

My father was also a smoker. He died Jan. 4, 1983, of lung cancer. I've never smoked and never will. But who knows what will happen to my lungs due to secondhand smoke? If anyone reading this letter smokes, please stop. If you can't stop for your health, do it for your family's health. It's not easy losing loved ones to cigarette smoking.

Norma L. Winder
Montgomery, Pennsylvania

Welcome Back

The Rush Limbaugh article caused me to buy my first issue of the *Post* in how many years? I love it and have sent in for a two-year subscription.

I love the size, the funny, funny features, the cartoons—the entire format—and yes, the recipes.

This is nothing like the *Post* I sold from door-to-door in the late '20s and early '30s—I liked it then but have to admit change is good.

E.L. Kelleher
Monrovia, California

Rush for Cover

Here's three cheers for your great article on Rush Limbaugh (May/June '93)! The only pity is you didn't put him on your front cover.

Melicia Antonio
Horse Cave, Kentucky

Just Like Mom—Again

Just want to say a real thank you to W. Thomas Faucher for his article in Open Forum, "I Am Your Son." I have never read anything about seeing your parent after death with this feeling of joy that they seemed like themselves again after a long and deteriorating illness.

My mother died after multiple strokes that left her unable to communicate with me, even though I did feel she knew me. I had such a sense of joy and peace upon seeing her after her death because she looked exactly like my dear mother again. Reading his account brought back the memory of that overwhelming sense of love and relief to see my mother as she really was again. I urged my closest friends to go with me to the mortuary because she just looked so natural to me again.

I am sure there are many who think this is a bit weird, but I really felt a strong empathy for Mr. Faucher and a real appreciation for his relating the experience.

Maxine B. Lantz
Reseda, California

Doris Clymer, right, widow of John Clymer, and Belinda Kachlein, a Clymer Foundation Board member, admire the *Post*'s recent tribute to the former *Post* artist.

Clymer Covers

Thank you for publishing the beautiful article on my dad, John Clymer (May/June '93, "America Out of Doors"). The family has many fond memories of *The Saturday Evening Post* years when dad was doing *Post* covers and illustrations.

I just wanted to make a couple of corrections for the record: I believe the painting on page 63 was done in 1962, not 1902, and our home was in Bridgewater, not Bridgeport. Bridgewater was exactly the sort of beautiful little American town that my father loved to portray, and in fact he did three *Post* covers depicting the Bridgewater-New Milford, Conn., area. Several of his works are still in the Burnham Library, the Town Hall, and the Burnham School in Bridgewater.

Thank you again for remembering his work; it brings back many happy memories of times spent in his studio and "on the road" looking for *Post* cover material!

Jo Clymer Tatum
Darien, Connecticut

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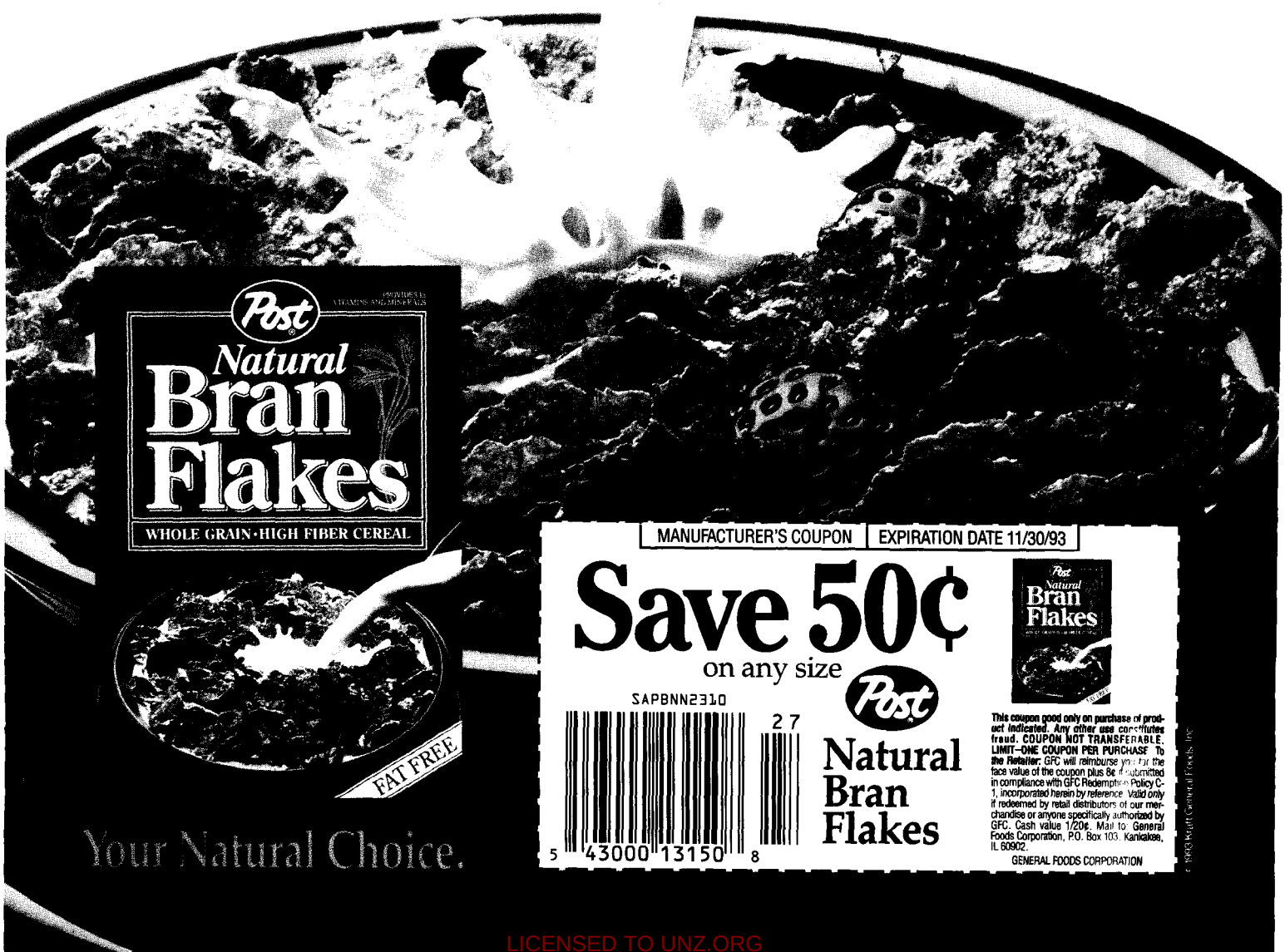

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Eastwood Is Unforgiven

I always look forward to receiving the *Post*, but in the July/August '93 issue, "Post People" startled us. My wife and I, along with some friends, saw the Clint Eastwood movie, *Unforgiven*. Needless to say, we were embarrassed by the scenes, language, guage, and overabundance of violence. I believe that if any of the editors had seen that movie, they would agree it's just plain trash and does not deserve publicity from the *Post*.

Lou R. Morin
Bella Vista, Arizona

Unbreakable Loyalty

"The Breakable Cup" (July/August '93) is one of the reasons I renew my subscription to your magazine. If there were only more adults in our world who think more of humans than possessions, there would be more children growing up with memories to hold fast in their adult years.

Thank you for keeping your magazine out of the area of pornography and sensationalism. I am a happy reader.

Naomi Cherkofsky
Bradford, Massachusetts

Insect Repellants

Thanks for your very informative article, "Bug Off, But Beware" in the July/August '93 issue (also for the wonderful *Saturday Evening Post* in general).

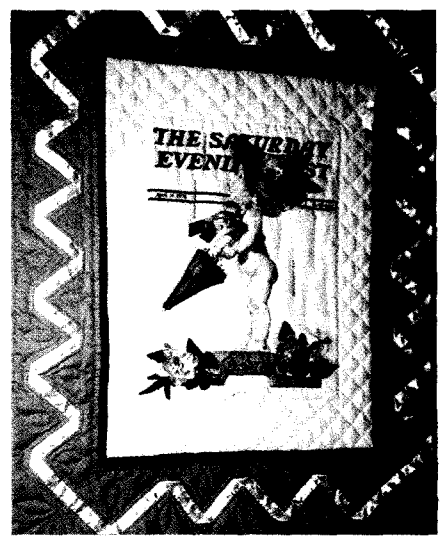
We have searched everywhere for the safe bug repellants mentioned but cannot find them in health food stores or large department stores.

Could you please provide me with the address of Quantum Inc. (maker of ZZZ-Away)?

Because of the outbreak of equine encephalitis caused by mosquitoes i this area, we are eager to find a saf repellant.

Normeda Hop
Dade City, Florid

Editor's note: ZZZ-Away is manu factured by Quantum, Inc., P.O. Bo 2791, Eugene, OR 97402. Phone (503) 345-5556. Safe-N-Free is manu factured by National Childcare Co. 84 Business Park Drive, Armonk, N 10504, (914) 273-9303.



Some Cover-up

In the March/April '93 issue, yo reprinted J.C. Leyendecker's 193 Easter Girl cover. I love her! I hav made a quilted wall hanging of her. I was shown at the Northwest Quilter Show in Portland, Ore., last March.

Our library got the Leyendecker bi ography for me, and I learned a grea deal about him.

Would you like to borrow the quil to show in your office for a mont or so?

I am a 73-year-old quilter. I'v been reading *The Saturday Evenin Post* for a long time.

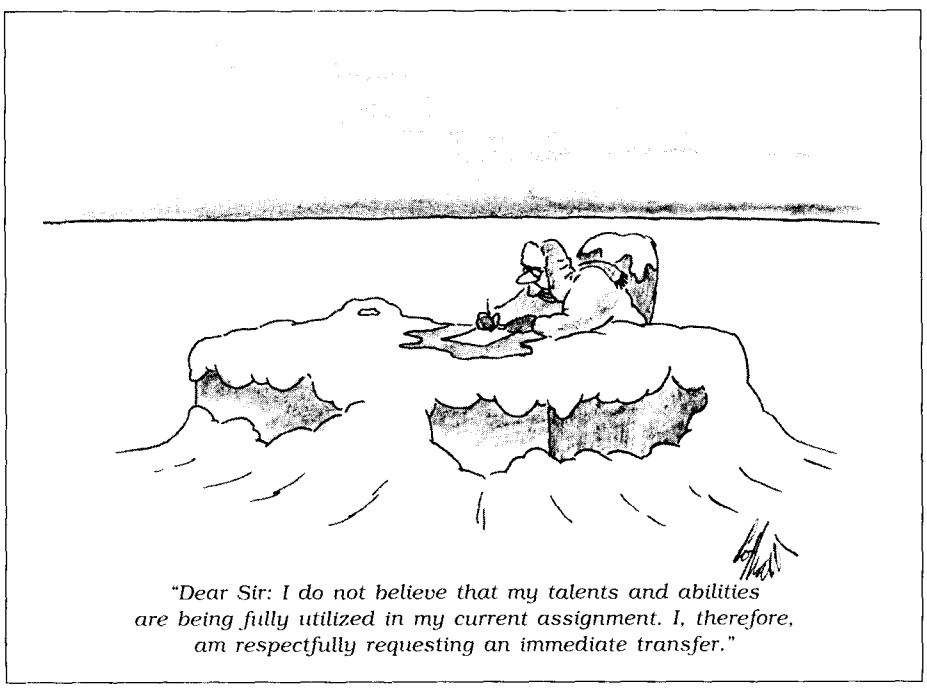
Helen Grig
Lake Oswego, Orego

No Swearing Here

A brief comment as to the quote o page 67 of the July/August '93 *Satur day Evening Post* where Austi O'Brien's parents were adamant tha he not use swear words in the film.

"We absolutely will not take th Lord's name in vain." If it came t that they would walk out, but th swear words were removed.

Thank God for parents such as th O'Briens who do not let money o fame influence their lives.



"Dear Sir: I do not believe that my talents and abilities are being fully utilized in my current assignment. I, therefore, am respectfully requesting an immediate transfer."

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God Bless America!

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the Danbury Mint

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Where Eagles Soar

by Rudi Reichardt

A numbered limited-edition collector plate trimmed in 23kt gold

Painted in a rainbow of soft pastel hues, the Grand Canyon's vast expanse is an awesome display of nature's power and glory. Against this heavenly backdrop of towering purple sandstone cliffs and deep canyon gorges, a great bald eagle soars in the sky. How fitting that one of our most precious national treasures is also home to the majestic bald eagle – our national symbol.

Now, in a glorious tribute to America, award-winning artist Rudi Reichardt captures the magnificence of the Grand Canyon on a fine porcelain collector plate. Renowned for his strikingly realistic portraits of nature, Reichardt's superb use of light and shadow recreates this beautiful scene with breathtaking drama and passion.

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The edition size of "Where Eagles Soar" is limited to a maximum of 75 firing days, and each numbered plate will be accompanied by a personalized Certificate of Authenticity. As a finishing touch, each plate will be trimmed with a band of 23kt gold, and the price is just $26.95!

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Continue to keep the *Post* clean, entertaining, funny, and enlightening.

Jessie A. Anderson
Kernersville, North Carolina

Lysine for Shingles

Several years ago I came across an article in *The Saturday Evening Post* about the use of L-lysine for the treatment of shingles. I have lost track of the article, and I am inquiring if it is possible to receive a copy of it.

I have used L-lysine to treat and prevent cold sores and have been very successful with it. I have found that in the medical profession the merits of this amino acid are becoming more accepted, but, unfortunately, it is not usually included in the treatment of shingles. We have a friend whose young daughter has shingles, and I would like to have her read the article.

Mrs. Patrick O'Brien
Los Osos, California

Editor's note: We're glad that you have found L-lysine helpful in warding off cold sores, an affliction caused by the herpes virus.

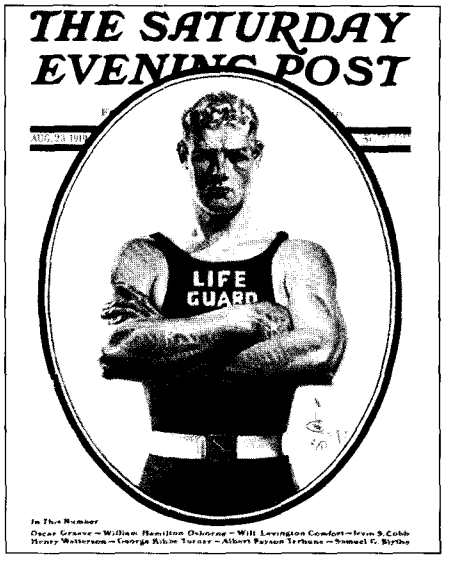
Some of our readers who have used lysine to treat shingles report that lysine helps most when it's taken at the very beginning of the outbreak.

The article you refer to was published in the May/June '92 ("Medical Mailbox") issue of the Post.

Beaming Over Botts

Because I had some modest success selling the *Post* at a very early age, The Curtis Publishing Company requested a photograph. I am not certain of the date, and I hope someone will refer to the cover shown for more specifics.

Unfortunately, I was unable to communicate some of my enthusiasm for selling the excellent magazine (and earning 2¢ per copy), and my young friends rarely continued beyond one or two cold, windy Atlanta, Ga., Thursdays. Some of the lessons learned selling the *Post* remain clear and helpful now that I am 85 and 21 years into retirement. I enjoyed the golden years in medicine—1930-1972,



when the title "doctor" was respected and meant something.

The Earthworm Tractor stories still capture my interest, bring a smile to my face, and conjure memories of long ago!

James E. Reeves, M.D.
San Diego, California

Editor's note: Thanks for sharing the photo from your boyhood. The cover you're holding dates back to Aug. 23, 1919, the year when Woodrow Wilson was president and the Treaty of Versailles, ending World War I, was signed.

Love Affair With Arnold

What is this strange love affair between the *Post* and Arnold Schwarzenegger issue after issue?

If the editor had not seen what goes on with the Phil Donahue show, my guess is he also has not seen the Schwarzenegger movies.

Mary E. Winkler
Massillon, Ohio

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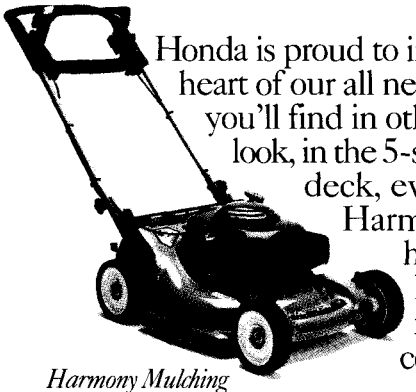

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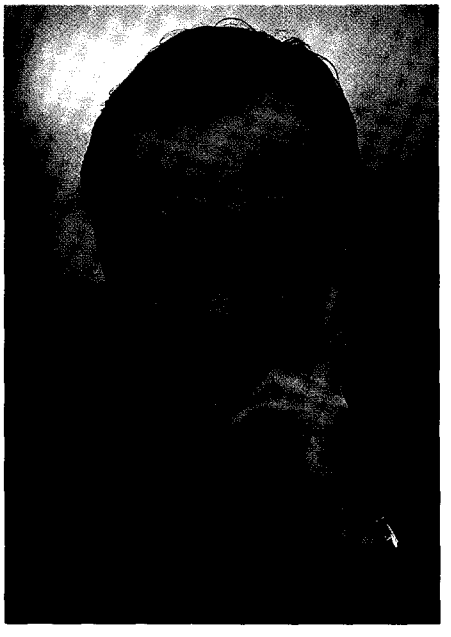
Post People

"What has happened to our art?" ***Jack Lemmon*** asks Billy Wilder, director of several of his early movies. "The sex, the violence. They don't know how to film anything anymore. So they just blow things up."

After 40 years of steady work making 50 films and enjoying numerous stage triumphs, Lemmon says that early era is so far gone it hurts him to think about it. Included in that early era, of course, were *Mister Roberts, Some Like it Hot,* and *The Apartment*, comedies in which he developed the popular image of a high-class clown.



Though pan mail accompanied the usual fan mail following moralistic films like *China Syndrome* and *Missing*, Lemmon's modest answer was, "I never had the courage to fail."

"The only thing I can think of that gets my dad angry is his golf game," says Lemmon's son, Chris. "But making the cut at Pebble Beach [a celebrity Pro-Am tournament where Lemmon has yet to make the cut after 30 years of trying], I really think has become more important to him than winning an Oscar."

If you have been out of the country since June 1, don't be surprised to find ***Connie Chung*** now occupying the chair beside Dan Rather as co-anchor of the "CBS Nightly News."

"Congrats. Hooray! You did it," came the message from Diane Sawyer on Connie's admission to the until now all-male anchor club.

"It," however, had been a long time coming. Ambitious, competent Connie began her career 24 years ago answering phones at Washington, D.C.'s Channel 5.

In the 22 years on her way up as a network correspondent, she has put three Emmy awards on her mantle. Co-anchoring the nightly news still leaves this 47-year-old time for her news magazine "Eye to Eye with Connie Chung" (9 p.m., Thursday, CBS).

Donald O'Connor's career began at the age of three—three days, that is. It was then that he hitched up his diapers and helped his vaudeville parents milk the audience for laughs.

Rather than retire at the ripe age of four years, he began dancing, singing, and performing balancing acts. At 12, he was still hanging on as Bing Crosby's kid brother in the movie *Sing, You Sinners*. And who can forget O'Connor with Gene Kelly in *Singing in the Rain*?

Too bad your children and grandchildren couldn't have seen one of the greatest tap dancers ever, right? No problem. You have only to buy them his new video, *Donald O'Connor—Let's Tap*. Or you might take them to one of his Tap-a-thons, where the mayor of a particular city declares a proclamation and invites all the tap-dancers in town to meet on the steps of the city hall and begin dancing.

"Even pregnant women," exclaims 68-year-old O'Connor. "It's great!"

Ralph Moeller is not easily overlooked. He's 6 feet 7 inches and 280 pounds. That's part of the explanation. The other part has to do with his striking good looks, charisma, and bodybuilding championships in Germany as well as his German and American movie triumphs. For his latest role in "Best of the Best II," he spent four months in intense martial arts training.

Other than films, Moeller's career follows close to that of his buddy, Arnold Schwarzenegger. A familiar face in many German promotions and commercials, he also has proved adept at both action-adventure and comedic roles. A former Mr. Universe, his bodybuilding book, *Ralph Moeller—Weight Training*, has now been translated from German into English.

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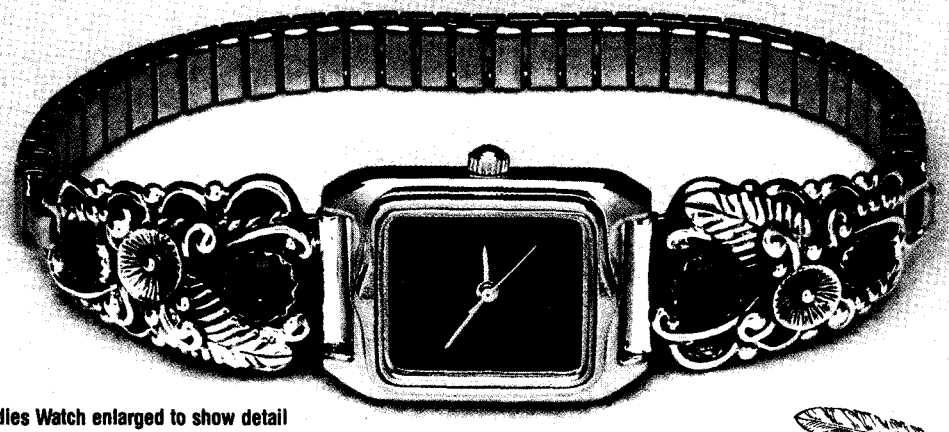

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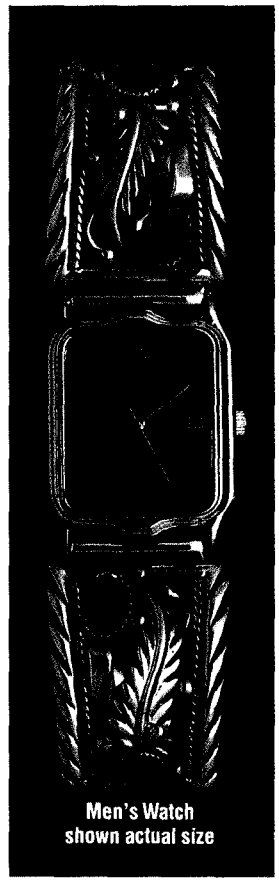

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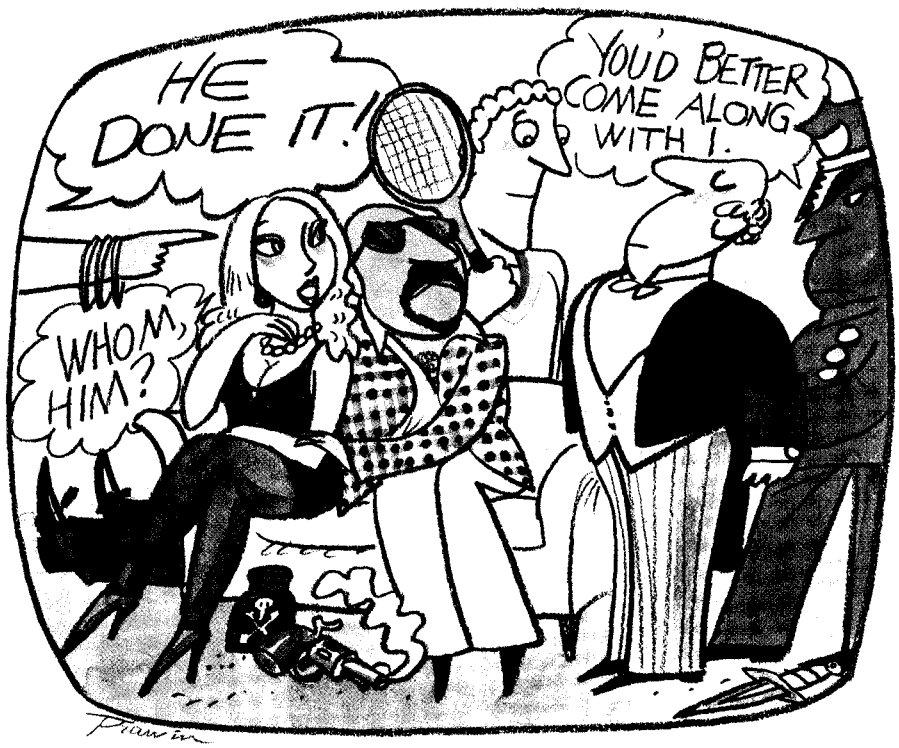

MURDER, SHE SPOKE

When a mystery writer says,
'Whom done it?' grammar's been done in.

by Wen Smith

Illustrated by Don Trawin

My wife and I were watching Angela Lansbury one night in her role as mystery writer Jessica Fletcher of "Murder, She Wrote."

"It's not real," my wife said. "Jessica is supposed to have been a teacher of English. I think she makes too many mistakes."

I knew she meant mistakes in usage. In the mystery series, Jessica Fletcher doesn't make mistakes in solving crimes.

"Her dialogue is full of bad grammar," my wife said. "If she were a real teacher of English, she'd know better."

In the mystery of the evening, Mrs. Fletcher had just said to a young friend, "You did hear what happened to your mother and I last night?"

My wife said no real English teacher would say "what happened to *I*." If the writers of the show knew anything about grammar, they never would've given her lines like that.

"You're right," I said. "But teachers of English don't always avoid bad grammar."

I reminded my wife how often I'm introduced to someone who's been told I'm an English teacher. "Oh, oh!" the someone says, "I'll have to watch what I say."

When that happens, I take deliberate care to use some everyday slang or make a mistake in grammar as soon as I can fit it in. It's only a theory, but I think maybe Jessica Fletcher makes those mistakes just to disarm people and make herself seem down-to-earth, after all.

"You think television writers consider all that?" my wife scoffed. She thinks the writers just don't know good English from bad.

She's probably right. But to give Mrs. Fletcher the benefit of any doubt, I'm willing to accept her boo-boos as her way of keeping people from saying, "Oh, you're *the* Jessica Fletcher who used to teach English! I'd better watch what I say!"

On screen, the plot thickened like Prego sauce, and Jessica had to explain why she just happened to be at the scene of the murder. "Someone was here," she said, "and they slipped out after I came in."

"A someone isn't a *they*," my wife said. "A real Mrs. Fletcher would know that."

Then we heard Jessica saying, "It was you who was driving." I had to admit that anyone whose clutch on grammar isn't slipping would say, "It was you who *were* driving."

Later, at the obligatory "gathering of suspects," Mrs. Fletcher explained the trap: "Each of you were given two marbles."

" 'Each *was*,' not 'each *were*,' " my wife muttered.

Jessica's sloppy grammar was getting out of hand. The sleuth of Cabot Cove can solve any mystery except that of the language.

In another scene she lamented to her friend Dr. Hazlitt: "I have mislain that chiropractor's card." Clearly she had no clue to the difference between *lie* and *lay* or she would have said *mislaid* instead of *mislain*.

Time came for denouement. A friend invited Mrs. Fletcher to a concert, saying he had some hard-to-get tickets. She asked, "*Who* did you have to kill?"

There she was, being "just folks" again. She probably knew she should have said, "*Whom* did you have to kill?" We decided to forgive her for that one. After all, a good English teacher must have some other gods before *whom*.

Jessica solved the murder and headed back to Cabot Cove. Her last line for the evening was, "Nineteen years of teaching, and sometimes I don't know who learned more, the students or *me*."

If you were a real English teacher, Mrs. Fletch-uh, you'd say "the students or *I*."

And you wouldn't have a top-rated show eight years running.

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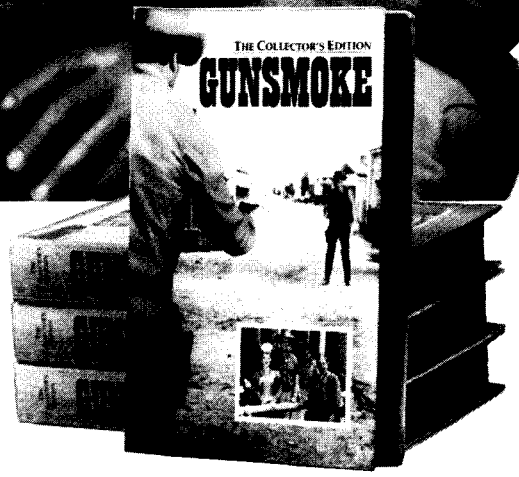

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HEARTBEAT

The Healthy Heart Report

CEREAL: MAKING THE HEALTHY CHOICE

Reading the fine print will help you decide which breakfast cereals are best for you and your family.

Supermarket cereal sections are bulging these days, and no wonder. New breakfast cereal brands have doubled in the last six years. Last year alone, 110 new brands were added, and more are on the way. With so many to choose from, deciding which cereal is right for you has become a daunting task.

The challenge is finding a cereal you like that is high in fiber and vitamins and low in sugar, sodium, and fat. Don't be swayed by appealing advertising and confusing health claims. Look for the label. The information you need to make an informed choice is right on the side of the box.

Getting a Healthy Helping

First, look at the serving size and the calories per serving. These make a big difference in the amount of calories you consume. A one-ounce serving of a popular nutlike cereal, for example, contains 110 calories and fills just one-fourth cup. A cupful of puffed cereal, on the other hand, may weigh just a half ounce and have 57 calories. If you're used to having a heaping helping of breakfast cereal, your calorie intake could be several times what's listed on the box.

How Sweet Is It?

Consider sugar content, too. Those empty sugar calories occupy space that should be filled by the complex carbohydrates your body needs for sustaining energy. Sugar is added to most cereals to improve flavor. Although it may be labeled as sucrose, corn syrup, honey, dextrose, or fructose, it's all basically the same thing. Four grams of sugar equal one teaspoon. If a cereal contains more than six grams of sugar per serving, you probably should choose another brand. However, if your favorite cereal is high in sugar, you can still enjoy it by combining it with a no-sugar cereal, thereby reducing the total sugar per serving.

Of course, the healthful choice is a

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no-sugar cereal that you sweeten with fruit, sugar, or honey. The teaspoon of sugar you add may be much less than the amount you get in a single serving of some pre-sweetened breakfast cereals.

Avoiding Fat and Cholesterol

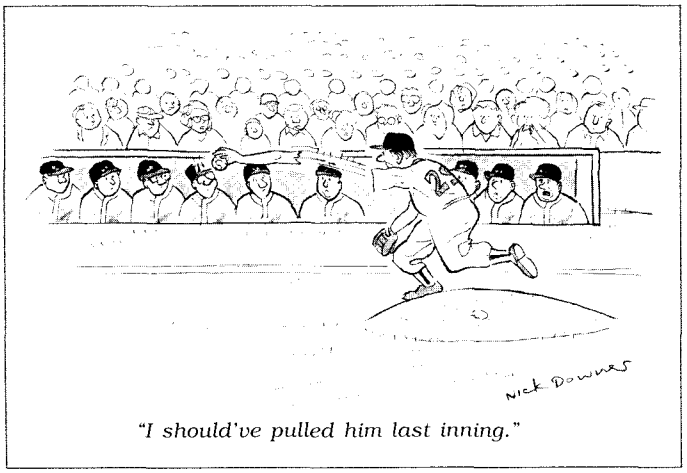
Because the majority of breakfast cereals have little or no fat, advertising claims of "fat-free" or "cholesterol-free" have little meaning for cereal consumers. Wise consumers should, however, check the fat content on some mueslix-type and granola cereals, which may be substantially higher in fat than other cereals.

Focusing on Fiber

Fiber is the key component of a healthful breakfast cereal. Unfortunately, some cereals have less fiber than their advertising implies. Some "multigrain" and "bran"-type cereals contain as little as 1 gram fiber per serving. Others offer much more. To find the exact amount of fiber in a cereal, look for the label listing the soluble, insoluble, and total dietary fiber in grams. Pick a cereal with **four** or more grams fiber per serving. The more fiber the better. Some cereals have up to 13 grams total dietary fiber per serving, providing a healthy jumpstart to your daily fiber requirement.

But total fiber doesn't tell the whole story. Pay attention to the kind of fiber as well. The insoluble fiber in wheat bran helps relieve constipation and prevent hemorrhoids. Soluble fiber in oat bran, barley, and rice bran adds bulk to the stool and helps lower blood cholesterol levels. Studies by Dr. James Anderson of the University of Kentucky Medical Center have demonstrated that by consuming about 17 grams of soluble fiber a day, one can lower blood cholesterol levels by 13-19 percent in a matter of weeks. Breakfast is a good place to start satisfying your daily fiber requirement.

A high-fiber breakfast also helps you stay trim by making you feel fuller and curbing your appetite. Studies show on average the more fiber consumed at breakfast the fewer calories will be consumed later in the day. Skipping breakfast will have no effect on weight control. You'll simply make up for those lost calories by eating more at subsequent meals. Besides, another study has shown people who skip breakfast are 28 to 40 percent more likely to die an early death.



"I should've pulled him last inning."

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THE RESCUE

Why do folks from miles around feel uncontrollably compelled to rush to my assistance?

by Patrick McManus

Illustrated by Don Trawin

There are people who constantly look as if they are in dire need of help. I am one of them.

Men, women, children, and even scraggly dogs are forever coming up to me to ask whether they might be of some assistance. I don't mind if I'm in some sort of real trouble. Usually, though, my predicament is nothing more serious than waiting on a street corner for the light to change, or perhaps trying to look disinterested while the service station attendant tries to remember what he did with the key.

Once I was standing in front of a candy-vending machine, trying to decide between a Nut Crunchy and a Whang-O Bar. A pert young lady came up and asked whether she might be of service. I said no, that I had already decided on a Whang-O. You could tell from the look on her face that she was disappointed at having arrived too late to help with the decision. If I'm not mistaken, she went off in a bit of a huff.

Even when I'm at home, people are constantly offering me aid and comfort. The other morning I was staring vacantly out the window, a hobby I personally find more entertaining than, say, stamp collecting or golf.

"What's the matter?" my wife asked.

"Nothing," I said. "Why?"

"You're staring vacantly out the window." Her tone suggested that this is an activity engaged in only by persons on the verge of leaping feet first into the garbage disposal. "What's the matter?"

In order to bring a brief but merciful end to the discussion, I made up a mildly risque cock-and-bull story about a premonition, the villain of which was a sadistic crocodile.

"But why do you keep staring out the window like that?" she persisted.

"I'm watching for the S_ _!" I told her.

Not only am I not free to stare vacantly out one of my own windows. I'm afraid even to go outside and lie down on my own grass. If I did, one of the neighbors would call an ambulance for me or, worse yet (with a couple of notable exceptions), rush over and try to give me mouth-to-mouth resuscitation.

Now that's the sort of thing that happens to me around my own home, on city streets, and in office buildings. If I wander anywhere off the beaten paths, my would-be rescuers become so numerous they have to circle me in holding patterns to await their turns.

When a hunter meets another hunter in the woods, he will usually greet him with some inoffensive remark like, "Any Luck?" or "How ya doin?" and let it go at that. With me, other hunters instantly assume I am lost, injured, or being sought by the Mafia. They launch into intricate directions on how I can make my way to the nearest road, hospital, or hiding place. If I didn't deal somewhat firmly with them, they would boil me a pot of soup, set my leg in a splint, and carry me piggyback to my car.

Even my hunting partners of long years standing are quick to assume that if I'm out of sight, I'm lost. Such an assumption is entirely unfounded. Occasionally I will discover that a road, trail, or mountain is not where I last left it, but that is not my fault. If a mountain wishes to change its location, there is nothing I can do to prevent it.

On a hunting trip a few years ago, I spent most of the day looking for a road that had mysteriously moved. Upon finding another road, I made my way down to the highway and walked to the nearest diner, where I ordered a steak dinner. No sooner had I been served than one of my hunting partners burst into the diner and shouted that he needed some men for a search party to look for some poor devil lost in the mountains. I immediately made

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offer my services. It turned out *I* was the fellow I was supposed to search for. Such incidents are embarrassing.

I should like to make clear here that I am no more incompetent or susceptible to trouble than the average person, no matter what my friends might say. I have managed pretty much on my own to survive a big-league depression, numerous recessions, creeping inflations, and even a couple of phases. I have never been tested in military combat, but I did spend several years teaching English composition to college freshmen. As a police reporter, I had experiences that would give a grave robber goose bumps and a hungry hyena a fit of the dry heaves. I offer this bit of personal history as evidence that I am not totally helpless and inexperienced: I just look that way.

I am perfectly capable of negotiating barbwire fences on my own, and on occasions—particularly in pastures with resident bulls—have done so with considerable speed. Nevertheless it frequently happens that a complete stranger will be standing next to a fence that I must climb through, and he will insist upon holding up the wire for me. It almost never fails that this kindly chap immediately reveals himself to have either exceptionally bad timing, a perverted sense of humor, or a hand grip slightly weaker than that of a deep-fried prawn.

Then there are the direction-givers. I am convinced that there are people who, upon hearing that I am trying to find out how to get to Lost Lake, would climb out of an oxygen tent and run barefooted three miles through the snow for the opportunity of giving me directions to it. Now I would appreciate this sacrifice on their part except for one thing: not only have they never been to Lost Lake in their lives, but they also didn't even know it existed until they heard I wanted to go there. But I shouldn't be too harsh on these people. Even though I don't find Lost Lake by following their directions I do discover some truly great swamps, vast stretches of country distinguished by a total absence of water, campsites with rock-to-rock rattlesnakes, and sometimes a little mountain valley inhabited only by a family of giant bears, all of whom are suffering from acute irritability.

From A Fine And Pleasant Misery *Patrick F. McManus © 1978 by Patrick F. McManus. Reprinted and excerpted by arrangement with Henry Holt and Co.*

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HEARTBEAT

The Healthy Heart Recipes

BENEFICIAL BARLEY

Delicious new ways to add this cholesterol-lowering, high-fiber grain to your family's diet.

by Ted Kreiter

Adding fiber to your diet? Cereal grains such as wheat, oats, and barley are among the best fiber sources, but these wholesome grains are not created equal. Wheat offers insoluble cellulose fiber, good for preventing diseases of the digestive tract; oats have soluble fiber that helps lower cholesterol and prevent heart disease.

Barley, however, offers both: studies show barley added to the diet reduces blood cholesterol levels and helps protect against colon cancer. The starch from some barleys also shows promise for regulating glucose metabolism in diabetics.

So, where has this fantastic grain been all our lives? For centuries, barley was the staple food for much of the world. Barley was the "daily bread" of the Bible and the fuel for the Roman legions. Gladiators ate barley for strength and stamina (and were called *hordearii*, from the Latin word for barley, *hordeum)*. Over the centuries, rye and wheat replaced barley. During the last hundred years or so, barley was relegated mainly to soups, animal feed, and beer making, but now barley is coming back. Some nutrition researchers predict that barley will be "the cereal grain of the '90s."

Barley contains beta-glucan, the same cholesterol-lowering fiber found in oat bran. It also has tocotrienol, an oil that lowers serum cholesterol levels. In studies in the United States and Australia, people who substituted barley for other grains in their diet were able to reduce their cholesterol levels significantly in four months or less. Barley reduced LDL (bad cholesterol) without affecting the good HDL cholesterol.

Drs. Walter and Rosemary Newman, nutrition researchers at Montana State University at Bozeman, say barley is more versatile than oats and equal to or better than oat bran for lowering cholesterol. It also tastes good. Subjects in a test of muffins made with 100 percent barley flour found the barley muffins more moist

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and flavorful than wheat bran muffins. Barley's one drawback is a lack of gluten. Barley does not work well in yeast bread. Dr. Rosemary Newman recommends adding no more than 25 percent barley flour when making yeast bread.

The most common or popular barley is covered barley, used for malting and animal feed. For human consumption, the hull of covered barley is removed by abrasion or pearling, producing the familiar pearl barley. Although pearl barley is high in soluble fiber, the pearling process removes essential amino acids and vitamins concentrated in outer layers. A new waxy-hull-less barley developed at Montana State University does not require pearling, and thus is considerably more nutritious. Hull-less barley is now being added to some high-fiber, multi-grain breakfast cereals. You can't buy hull-less barley in grocery stores yet, but it is available in whole-grain, flour, grits and flakes from: Western Trails, Inc., P.O. Box 460, Bozeman, MT 59771-0460.

The following barley recipes were tested in the *Post*'s kitchens. Try them, and you'll agree it's time to return this nutritious grain to the dinner table.

♥ ♥ ♥

Chicken and Barley Bake

(Makes 6 servings)

1 teaspoon margarine
1 tablespoon vegetable oil, divided
1 large onion, minced (1 cup)
2 large cloves garlic, minced (2 teaspoons)
½ cup minced celery (1 large stalk)
2 sweet peppers (2 green or 2 red or 1 of each), minced
½ cup dry white wine (optional)
1 28-ounce can low-salt tomatoes, drained and chopped
1 cup barley, rinsed
3 cups low-salt chicken broth
½ teaspoon black pepper
6 chicken legs and thighs, skinned and separated

Heat 1 teaspoon margarine and 1 teaspoon of oil in large, heavy saucepan (3-quart size). Add onion, garlic, celery, and peppers, and cook vegetables, stirring occasionally, over moderate heat for about 5 minutes.

Add wine, bring mixture to boil, and continue boiling and stirring until nearly all liquid has evaporated.

Add tomatoes, barley, broth, and pepper. Bring mixture to boil, reduce heat, cover pan, and cook mixture, stirring a few times, for 25 minutes. There should still be plenty of liquid in pot. Transfer the mixture to 3- or 4-quart covered casserole dish.

While barley is cooking, brown chicken on both sides in large skillet in remaining 2 teaspoons of oil.

Transfer chicken pieces to casserole and bake at 350° F for one hour.

Per Serving (leg + thigh + 1½ cup mixture):
Calories: 403 Carbohydrate: 39.4 gm
Cholesterol: 81 mg Protein: 29.7 gm
Sodium: 189 mg Fat: 12.6 gm
Diabetic exchange: 2 bread + 2 vegetable + 2½ medium-fat meat

♥ ♥ ♥

Barley with Mushrooms and Spinach

(Makes 6 servings)

½ cup fresh mushrooms
2 cups cooked barley
2 green onions, minced
1 clove garlic, minced
2 tablespoons minced fresh chives
½ teaspoon dried thyme
1 tablespoon olive oil
2 tablespoons rice vinegar
1 cup fresh chopped spinach

Mince mushrooms and combine in large bowl with barley, green onions,

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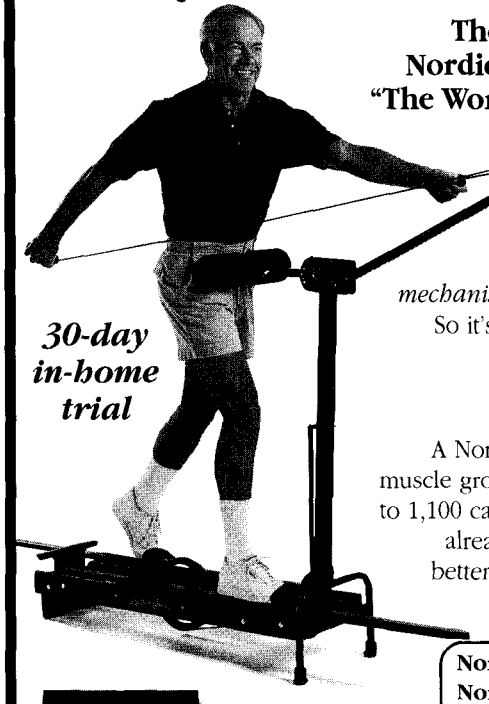

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HEARTBEAT

garlic, and chives. In separate bowl, combine thyme, oil, and vinegar. Add to barley mixture and fold in spinach. Cooked spinach or kale may be used if warm product is desired.

Per Serving (⅔ cup):
Calories: 96 Carbohydrate: 15.9 gm
Cholesterol: 0 mg Protein: 1.7 gm
Sodium: 10 mg Fat: 2.7 gm
Diabetic exchange: 1 bread + 1/2 fat

♥ ♥ ♥

Creamy Vegetable Barley Soup
(Makes 6 servings)

1 medium onion, chopped
1 small carrot, diced
1 stalk celery, minced
2 tablespoons garlic butter flavoring
½ cup dried barley
5 cups low-salt chicken broth, homemade, or combine 5 cups water and 5-6 teaspoons low-salt chicken bouillon
½ cup skim milk
2 tablespoons light coffee whitener

Rinse barley and combine with vegetables, garlic butter flavoring, and low-salt chicken broth. Cover and simmer until barley is tender, about 1 to 1½ hours.

Combine skim milk and coffee whitener and whisk until well blended. Just before serving, stir into barley soup and serve.

Per Serving (1-1¼ cup):
Calories: 124 Carbohydrate: 23.5 gm
Cholesterol: 1 mg Protein: 4.6 gm
Sodium: 173 mg Fat: 1.2 gm
Diabetic exchange: 1½ bread + trace fat

♥ ♥ ♥

Bean Soup with Barley
(Makes 7-8 servings)

1 cup lentils
½ cup split peas
½ cup dried navy beans
½ cup dried barley
½ cup brown rice
2 quarts low-salt beef broth, homemade, or use 2 quarts water and 8 teaspoons low-sodium beef bouillon
1 large clove garlic
½ cup thinly sliced onion
¾ teaspoon black pepper
1 teaspoon chili powder
1 tablespoon low-salt vegetable, all-purpose seasoning

Wash lentils, peas, beans, barley, and rice. Place in large soup pot with low-salt beef broth. Add garlic and onions. Bring to boil and cover. Reduce heat and simmer for about 2 hours or until beans are tender. Add liquid if beans are absorbing too much.

When beans are tender, add the black pepper and chili powder. Cook 15 minutes longer. Serve.

Per Serving (1-1¼ cup):
Calories: 297 Carbohydrate: 54.8 gm
Cholesterol: 2 mg Protein: 15.0 gm
Sodium: 125 mg Fat: 1.9 gm
Diabetic exchange: 3½ bread + 1 vegetable + trace fat

♥ ♥ ♥

Black Bean and Barley Soup
(Makes 8 servings)

1 cup dried black beans
½ cup barley
½ cup chopped onion
½ cup chopped green pepper or ¼ cup dried pepper
1 teaspoon thyme
1 teaspoon garlic powder

continued on page 29

A staple cereal grain of ancient cultures, nutritious barley is making a comeback as a health food of the '90s.

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POST BOOKSHELF

LIVING WITH SPINA BIFIDA

A Pulitzer Prize-winning author's true story of his family's triumph over medical tragedy.

Giant Steps: The Story of One Boy's Struggle to Walk
by Gilbert M. Gaul
182 pages, St. Martin's Press, $19.95

Author Gilbert Gaul with Cary, one of thousands of children born annually with spina bifida, the nation's number-one crippling birth defect.

The young couple had no idea, the morning they drove to the hospital to give birth to their second child, that anything was wrong. Aside from the mother's brief bout with diabetes, the pregnancy had been relatively uneventful. Even as the obstetrician prepared for a Caesarean delivery, and the expectant father positioned himself to record the birth on camera, the couple had every reason to expect that a normal, healthy child would be born in a matter of moments, much as their first child had been five years earlier.

It only took one momentary shake of the doctor's head to tell the father that something was wrong—very wrong. The mother didn't see it, luckily, but the father and the doctor did—a wet, purplish sac the size of an adult fist on the newly born boy's lower back. The doctor called it a cele. The baby's legs were deformed also—lifeless sticks from which two gelatinous feet dangled at sharp right angles.

The diagnosis? Spina bifida.

Also called myelomeningocele, spina bifida is a congenital disease in which the neural tube in the embryo that houses the brain and spinal cord does not close completely. As a result, many of the nerves formed below that point end up either damaged or missing, resulting in lifelong paralysis. Although theories abound, no one really knows what triggers the disease. An estimated 13,600 infants in the United States were born with spina bifida between 1980-1987. Medical practitioners have recognized spina bifida for thousands of years, yet not much was written about it until the 1960s, and not until 1991 did studies conclusively show that daily folic acid supplements taken before conception can prevent most spina bifida cases.

Giant Steps is one man's account of his family's struggle to cope with one child's debilitating disease. Gilbert M. Gaul, a medical writer for the *Philadelphia Inquirer*, is a two-time Pulitzer Prize winner who won his awards for investigative reporting (1979) and, in 1990, for meritorious public service, a category traditionally awarded to institutions rather than individuals.

In his first book, Gaul recounts the story of his own son, Cary, born with spina bifida, who must immediately undergo an operation to close the lesion on his back. If Cary doesn't get the operation, he stands an 80 percent chance of dying within the first year. Even with the operation, the prognosis is not favorable; nearly a quarter of all babies born with spina bifida die immediately after birth as a result of their defects. Should he survive, Cary most likely will be unable to walk; should he be one of the few lucky children able to walk, he will require braces and crutches.

Though certainly the most immediate ones, these are not the only concerns. For instance, because of the damage to his nerves, Cary will be incontinent and thus have to empty his bladder with a catheter. Fiber and fiber supplements will make up most of his diet; suppositories and enemas will empty his bowels, at least at first. An orthopedic surgeon will need to correct his clubfeet; over the years, he might become especially susceptible

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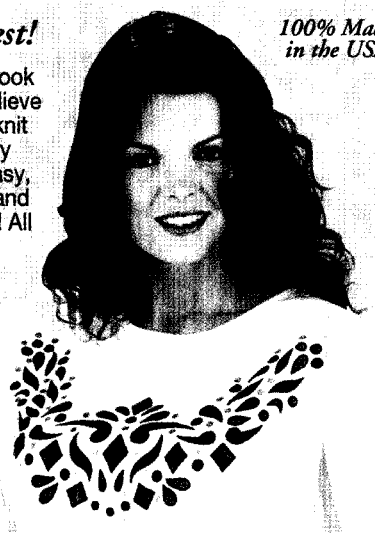

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to fractures, bruises, and other musculoskeletal problems.

And then there is the possibility of a learning disability. Although half of the children with spina bifida fall into the average intelligence range, the other half fall below that level. No one knows whether this arises from brain damage or from the lack of brain stimulation; in any event, the challenge for Cary's parents is to teach him how to become self-reliant rather than dependent on his parents the rest of his life.

Gaul chronicles not only Cary's progress from birth to the time he enters kindergarten but his own and his family's as well. We see Gaul's initial sorrow and bewilderment at the prospect of raising a disabled child give way to a steely determination to fight for the quality of his son's life. Cary's parents, in turn, learn how to care for a disabled child without smothering him. They learn to appreciate their able-bodied son and to include him in the care of his younger brother. (Gaul writes that, like any two brothers, they fight like cats and dogs, but whenever Greg, the older boy, feels Cary is being threatened, he's right there defending him.)

Moreover, they teach both their children how to look beyond the obvious superficialities to see the real person within. (Cary tells his dad that, if he had to die and be reincarnated as someone else, he would want to be a boy named Cary again.) And, finally, the parents learn how to maintain their own marital relations without sacrificing the good of both children.

Gaul exhibits his Pulitzer Prize-winning form by writing in clear, concise tones that forgo sentimentality. Nevertheless, Gaul is first and foremost just a regular dad who wants no sympathy, money, or mawkish "Miracle Telethons" (his phrase) for his son. (He believes that, though well-intentioned, such productions only exploit physically impaired individuals rather than their intended purpose.) Instead, he wishes others would treat his son and others like him as they would any other child, save for their obvious disabilities.

—Jack Gramling

Editor's note: Except for in The Saturday Evening Post, *using folate for prevention of neural tube defects wasn't given wide attention in the lay press. It still isn't being stressed by the media even though the FDA has now said that all women of childbearing age should be taking supplemental folate to prevent spina bifida.*

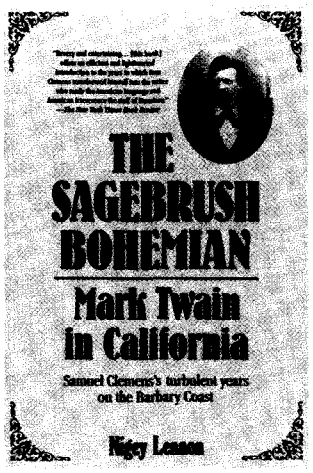
About the time Cary was conceived, his father knew all about safety in the blood supply and wrote a landmark piece about the subject for the Philadelphia Inquirer. *Who could have known that he should have been told about the need for folate for his wife before their baby was planned?*

Most parents who conceive a baby with spina bifida still don't know that folate before conception is the key to preventing most of these birth defects.

The Sagebrush Bohemian: Mark Twain In California
by Nigey Lennon
203 pages, Paragon House, $10.95

A Literary Adventure

Like the perennial Elvis, Mark Twain continues to pop up here and there. But never has the Tom Sawyer/Huck Finn creator popped up so graphically as in Nigey Lennon's *The Sagebrush Bohemian: Mark Twain in California*.



Best known for *Alfred Jarry: The Man with the Axe* and coauthor of *Bread and Hyacinths*, author Lennon has blended excerpts from Twain's notebooks, letters, and autobiography with her own good humor to give us a most entertaining literary insight into Samuel Clemens' turbulent time on the Barbary Coast. The 203 pages of warm, anecdotal humor cover 1861 to 1869, years virtually ignored by previous biographers. It was a time not only of hilarious (if errant) misadventure, but also the most formative and influential years in Twain's life as a writer.

You doubtless already know that in the summer of '61 Twain had gone West and in Nevada came down with a case of gold fever. But under author Lennon's skillful hand, the transition from failed miner to the coming of age as humorist and a man of letters makes this a "have-you-read-it?" biography.

You also may know that Twain had been a river boat pilot, that the outbreak of the Civil War and blockade of the Mississippi River had shot down that occupation, and that he joined the "Marion Rangers," a 15-member Confederate militia. But did you know that he left the militia because he suffered a sprained ankle when he fell from a hayloft into the barnyard?

You'll laugh all the way to Nevada as Twain travels west with his older brother and a six-pound Oxford dictionary, loses his gold mine because of bad timing, and gets his literary career off the ground as a reporter for the *Enterprise*, "the best-read newspaper in Nevada." Writing came so easily to Twain that he didn't think it could be worth much. Twenty-five dollars a week was therefore like striking pay dirt. Author Lennon allows the cub reporter to report his own first day on the job:

(After four hours of interviews and his notebook still blank) "a desperado killed a man in a saloon and joy returned once more. I never was so glad over any mere trifle before in my life. I said to the murderer, 'Sir, you are a stranger to me, but you have done me a kindness this day which I can never forget . . . Count me your friend from this time forth, for I am not a man to forget a favor.' (I had) but one regret—namely, that they had not hanged my benefactor on the spot so that I could work him up, too."

We soon find Twain, who confessed that his marksmanship "had a few discrepancies," preparing for a duel. Practicing at 5 a.m. on the morning of the affair, he made the painful discovery that in firing at a symbolic effigy of his rival leaning against a barn door, he was unable to hit the barn door broadside from a distance of five feet. We'll leave you to read the outcome.

Twain's life in San Francisco was no less hectic. The mining stock he had hoped to sell for $1,000 a share and live like a millionaire on Nob Hill became worthless overnight. He was obliged to go back to a job as a reporter and rewrite man. "Awful

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drudgery for a lazy man," he wrote, "and I was born lazy."

Relieved of this drudgery soon after, and not being able to afford "such luxuries as food and lodging," Mark Twain, née Samuel Clemens, now becomes "the Bohemian from the sagebrush." He makes friends with writer Bret Harte, is published in literary magazines, and in his developing "jocular, loose-jointed style of writing," admits to enjoying the view from his living quarters—"filtered through the bottom of a whiskey glass." Upon one of his several moves, he was spotted leaning against a lamppost with a cigar box under his arm. It contained "a pair of soiled socks, a pipe, and two paper shirt collars," evidently the extent of his worldly goods.

Your reading pace will slow when you hit the chapter entitled "Sex and Suicide: The Secret Life of Samuel Clemens." Secret until now, that is. Author Lennon writes that "after soaking up as much of California's Bohemian atmosphere as he could," Twain then moved to the East Coast, "where he would spend the rest of his life digesting his California experience and changing the face of American literature while mining his experiences for 'pay dirt.' "

Before that move, however, you will feast heartily on "Our Fellow Sages of the Sandwich Islands," and you will sweat out Twain's first lecture in "The Trouble Begins at Eight," in which the enervated Twain was forced back into the grim reality of earning a living. However, he got the jitters so bad, he regretted that he couldn't just "bring a coffin out on the stage and turn the whole thing into a funeral." Planting friends in the audience helped allay his fears that no one would laugh at his jokes.

You will cheer with the sellout crowd at his initial success and groan with his eventual failure.

You will suffer with Twain on his trip abroad with the "Pilgrims" (three-fourths of the passengers being Christian), of which he wrote "the pleasure ship was a synagog, and the pleasure trip was a funeral excursion without a corpse. . ."

But you know Mark Twain. Or thought you did. This much is certain, you'll know him much better after a pleasure trip through Nigey Lennon's *The Sagebrush Bohemian*.

—Maynard Good Stoddard

Beneficial Barley

continued from page 24

½ teaspoon white pepper
½ teaspoon black pepper
¼ teaspoon basil
¼ teaspoon fennel

Wash beans. Place in stockpot with 1 quart water and bring to rolling boil; reduce heat to medium and heat for 8-10 minutes. Remove from heat, cover and set aside for at least one hour.

Wash barley and heat in separate pot in 1 quart water to boiling. Cook 5 minutes, then remove from heat, cover, and soak 1 hour.

After soaking, drain beans and combine them in stockpot with 1 quart water. Cook slowly with vegetables and seasonings until tender. Drain soak water from barley; add 1 quart water and cook in separate pot until barley is tender.

Remove about 1 cup beans and set aside. Mash or blenderize rest of bean soup. Drain cooked barley, reserving liquid. Combine blended soup, barley, cooked beans, and enough of barley cooking liquid to make 2 quarts (8 cups). Simmer until serving.

Per Serving (1 cup):
Calories: 184 Carbohydrate: 36.2 gm
Cholesterol: 0 mg Protein: 8.2 gm
Sodium: 10 mg Fat: 0.7 gm
Diabetic exchange: 2½ bread

♥ ♥ ♥

Turkey Barley Soup
(Makes 6 servings)

½ cup dry barley
1 quart water + 4 teaspoons low-salt chicken bouillon or 1 quart home-made low-salt chicken stock
8 ounces cooked, chopped turkey
½ cup diced carrots or carrot slices
½ cup diced celery
1 tablespoon mixed Italian spices

Wash barley and discard floating kernels. Combine barley and low-salt chicken broth. Bring to gentle boil and reduce heat to medium. Cook about one hour with spices; add chicken and vegetables and cook additional hour or until barley is done and vegetables are tender. Add water as needed so final product is about 1½ quarts. May be made ahead and frozen for later use.

Per Serving (1 cup):
Calories: 135 Carbohydrate: 16.8 gm
Cholesterol: 31 mg Protein: 13.7 gm
Sodium: 58 mg Fat: 1.4 gm
Diabetic exchange: 1 bread + 1 low-fat meat

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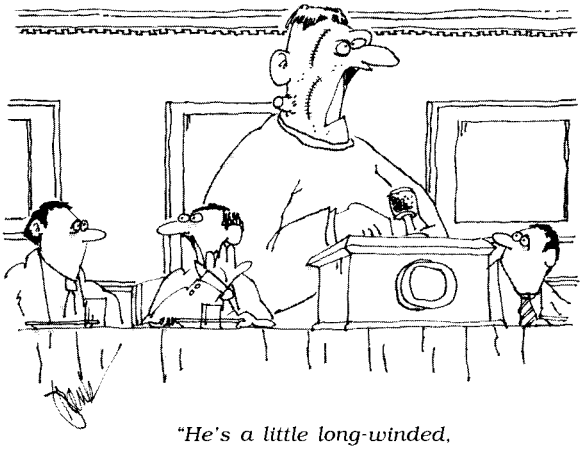
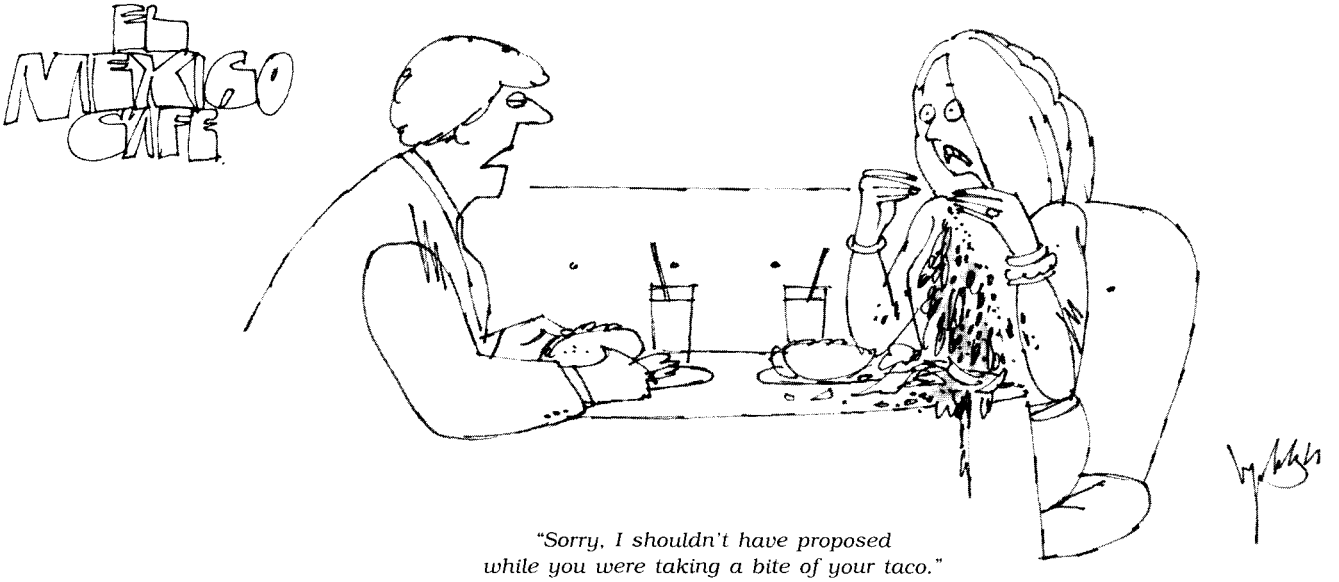
"Lately we can't seem to agree on anything!"



"He's a little long-winded, but I don't see anybody sleeping!"

UNDER PRESSURE

"Your wife informs me you've solved your baby-sitting problem."



"Sorry, I shouldn't have proposed while you were taking a bite of your taco."

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Sponsoring hungry children has helped to shape my kids' Christian character...and enriched my own spiritual growth.

by Lauren Locker, Phoenix, Arizona

"Our family started sponsoring Juan, a little boy in Bolivia, seven years ago when Brian, our oldest, was a newborn. Since then, we've watched Juan grow into a fine young man with a real future ahead of him. And Food for the Hungry staff members have shared God's love with him. *Now he's a Christian!*

We sponsor three children now. One for each of our own. They send us letters, drawings, and photos. We keep their photos on the wall of our family room. That helps our kids understand different countries and cultures. *It teaches them more than any social studies lesson ever could.*

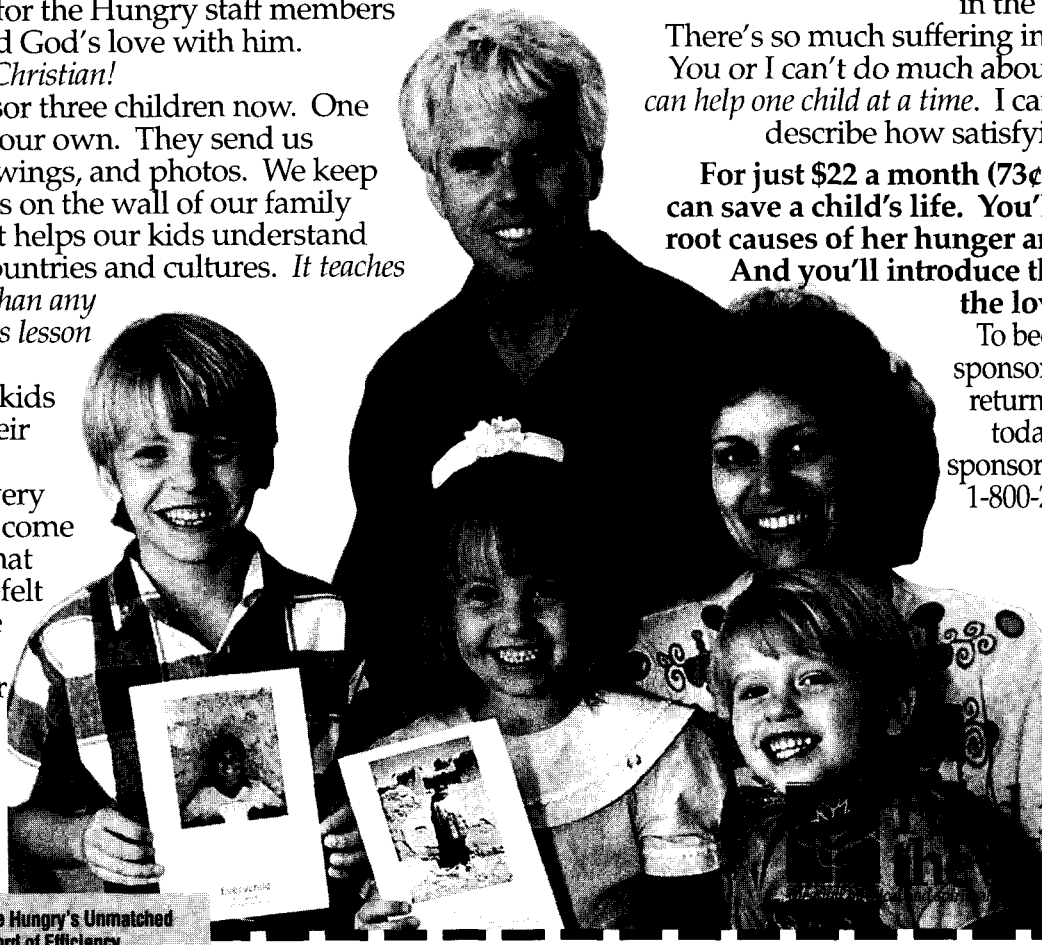
And our kids pray for their sponsored children every night. I've come to realize that their heart-felt prayers are drawing them closer to a loving God who sees the whole world and cares for ALL of us.

Being a sponsor has improved my spiritual growth too. Jesus said, *"Where your treasure is, your heart will be also."* Sponsoring has been a simple way for me to keep my "treasure" in the right place.

There's so much suffering in the world. You or I can't do much about it. *But we can help one child at a time.* I can't begin to describe how satisfying that is."

For just $22 a month (73¢ a day) you can save a child's life. You'll get at the root causes of her hunger and poverty. And you'll introduce that child to the love of Jesus.

To become a child sponsor, fill out and return this coupon today, or call our sponsorship hotline: 1-800-2-HUNGER.



The Locker family sponsors three children through Food for the Hungry — one for each of their own kids.

for the ngry

wide

Food for the Hungry's Unmatched Record of Efficiency

- *Money* magazine has repeatedly recognized us as one of America's most efficient charities.
- We're a Charter Member of the Evangelical Council for Financial Accountability (ECFA).
- Our annual report is available on request at any time.

ECFA CHARTER MEMBER — the symbol of trust

If you have any questions, call us: **1-800-2-HUNGER.**

"By helping needy people find a way out of poverty, Food for the Hungry makes Jesus Christ real to them."

Michael Card
Christian Recording Artist

I'LL HELP A HUNGRY CHILD

☐ YES! I want to feed a child's physical and spiritual hunger. Please enroll me as a child sponsor *right now!*

Please send me a photo and case history of a: ☐ Boy ☐ Girl ☐ Either

from: ☐ Africa ☐ Asia ☐ Latin America

☐ **Please assign me the child who needs me most.**

☐ Enclosed is my first $22 monthly pledge gift. Please rush me my child's case history, photo, and other information.

☐ I can't sponsor a child right now, but here's my gift of $_____ to help children who don't have sponsors.

Name _____

Address _____

City _____

State _____ ZIP _____

Thank you for caring. Mail this coupon to: ***Food for the Hungry****, P.O. Box E, Scottsdale, AZ 85252.*
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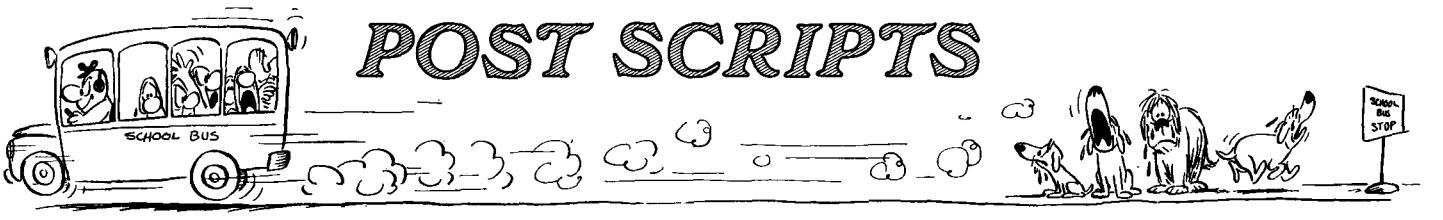


Looking Back

A firefly is confusing,
like a freight train on the loose;
instead of showing
where he's going,
he just lights up his caboose.

—Hazel Campbell Tomlinson

Idle Hands, Not

You say I've nothing but time on
my hands?
Well, you may be right, my sweet,
But in order to meet your many
demands,
I spend most of it on my feet.

—Elizabeth P. Taft

Texas Wedge

After the woman golfer hit a poor tee shot on a par three hole, her husband stepped up to the tee and cockily announced, "This should be good for a drive and a putt." He immediately proceeded to top the ball, and it rolled about six inches off the tee.

With a sly grin, the woman golfer asked, "Would you like to borrow my putter, dear?"

—Daniel L. Morris

Forgoing Forgiving

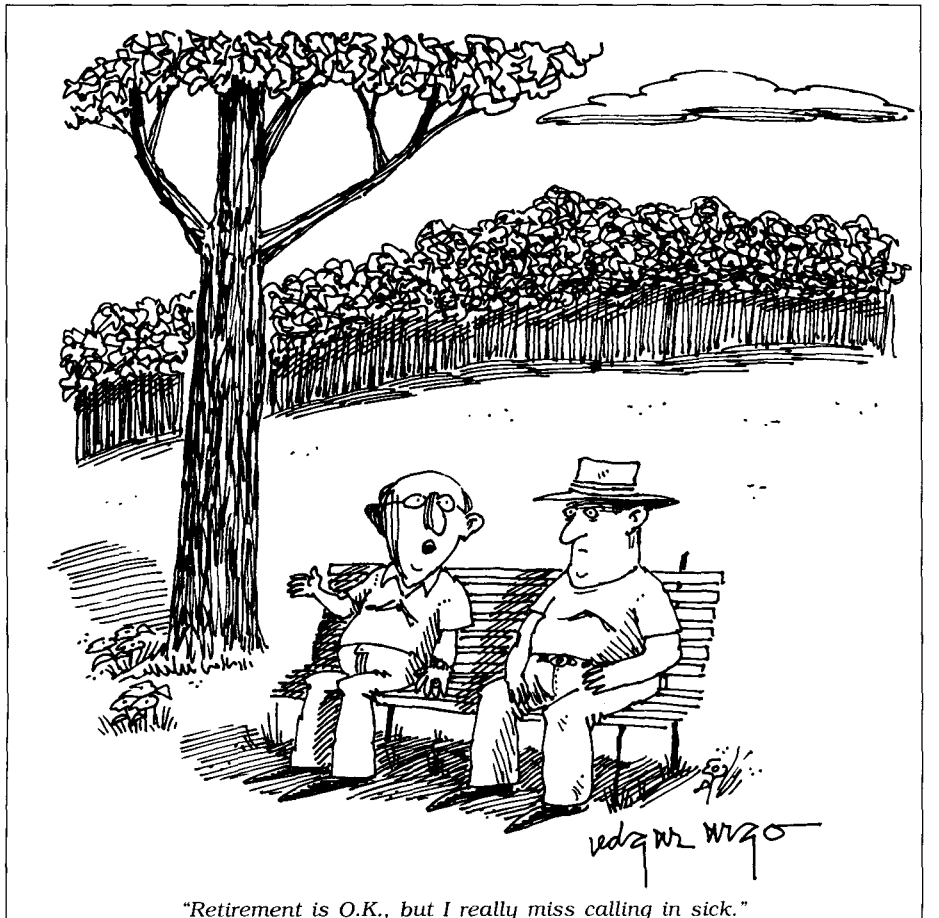
Forgiving isn't hard to do
When one is young and free,
But when I'm told that I'm too old,
Forgiving's not for me.

—Thomasina Weber

New Plan

The kids moved out; I lose my
excuse
For my house always looking
a fright.
I never before let Poochie run loose;
I'm beginning to think that I might.

—Bee Neeley Kuckelman



"Retirement is O.K., but I really miss calling in sick."

In a Safe Place

Can't find 'em when I need 'em,
Should be on my nose.
Can't find 'em on the counter,
Nowhere in my clothes.

I've got to read this letter;
If not, this deal is dead.
I've really got to find 'em.
Oh, they're on my head!

—Reginald Foster Byrne

Just a Pat

Flattery is like butter; it is palatable if you don't spread it on too thick.

—Rose L. Korotkin

Bases Loaded

Loaded with talent or not
There are a million reaon on end
Why a baseball player could say,
"Diamonds are a man's best friend!"

—Lawrence Kiley

Not Worth Watching

"I'm going to have them come out here and cut this power off. It's gettin' too high," said the old mountain farmer. "Every time I get a bill they've raised the rate again."

"But, Granddaddy," said his teenage granddaughter, "you can't do that. You love television too much. How will you watch it?"

"No problem," he said, "we'll just use a kerosene lamp."

—Taylor Reese

Baby Talk

Some newborns wail, some newborns
twitch
But very soon they get the itch
To find some words to make
their pitch.

We watch those wanton words begin
To fit like muscle under skin.
Teeth sprout, fall out, but tongue
stays in.

Those baby blabs, those baby coos,
Though jumbled sounds,
are really news
Of budding raconteurist's views.

—Harry D. Esleman

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All Boy

Bugs not hugs.
Snakes not cakes.
Sticks, tricks, ropes, and trees,
give me these.
No dolls, bows, or fancy clothes;
I'd rather have dirty hands, face,
and knees.
Buy me some mice;
that would be nice.
Or perhaps a box of rocks,
but not new socks.
And, please don't worry if I'm in a
hurry, because I've got to run
when I'm having fun.
And if you see blood running
down on me,
It's probably true that I'll need a
bandage or two.

—Sandra Stratton

So Sleep It Off

If your dreams aren't coming true,
Remember, this is not the worst one
fares,
And give thanks that
Neither do your nightmares.

—Harold Helfer

Health Call

A hypochondriac is one who is always asking the doctor for a sickened opinion.

—Gil Stern

Three Puzzlers

Is your mate beginning to mumble or are you getting hard of hearing?

Has your wife's cooking improved or have you gotten used to it?

When the sign says, "Use other door," what do they use the first door for?

—Maynard Good Stoddard

Eye Contact

The world has seen many spectacular advances in communications with satellites and all, but the quickest is still the wink.

—Sam Ewing

Math Explained

Pi—are squared sometimes, but
usually they're round.
Paradox—two surgeons.
Directrix—the opposite of sneaky
tricks.
Descartes—what you should never put
before de horse.
Apothem—a marthupial from the
thouthern thtateth.

—John Macnab

No Way

It's impossible to mend fences,
No matter your stratagem,
If you're trying to do it
While you're sitting on them!

—Ruth M. Walsh

Due Cause

If you've got a peptic ulcer,
It most probably is due,
Not to anything you're eating,
But to what is eating you.

—Edna V. Culbreth

The Party's Over

I truly love to entertain;
I like the party rhythm;
But I wish that when my guests
depart
They'd take the dishes whythm.

—Jeannette Morrell

Meatless Menu

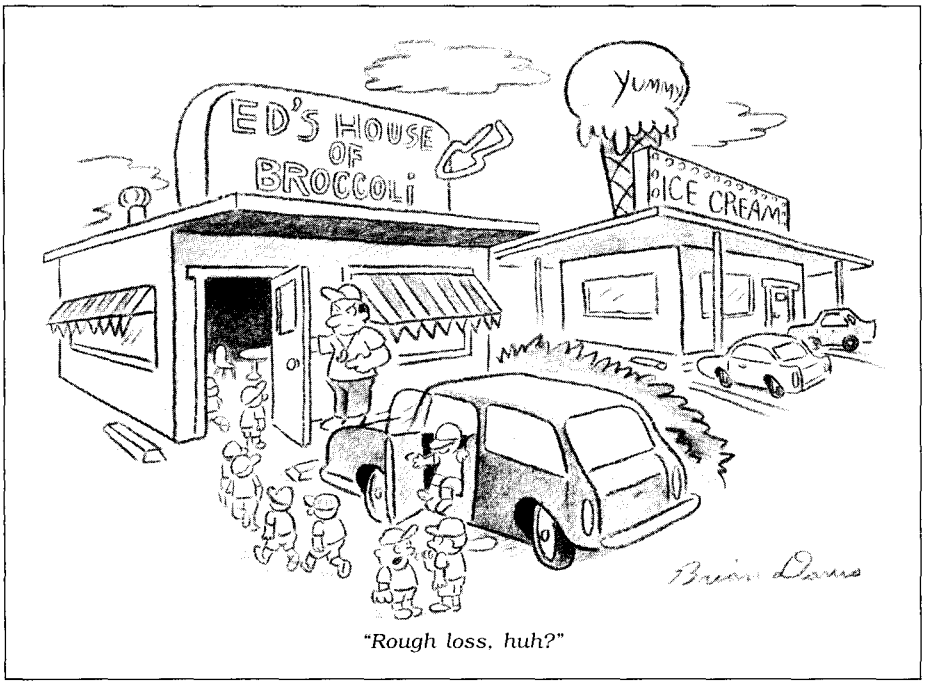
Jack Sprat would eat no fat;
His wife would have no lean.
Fanatic vegetarians,
They craved the lowly bean.

—Nellie Jones

Cents-ory Perception

My pay-days come and go,
and although
I study my budget, with utmost
diligence,
That piece of paper always
ends up
With too few dollars, and even
less sense.

—Rhoda Pellor



"Rough loss, huh?"

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SPEAKING OUT

A CIGARETTE TAX THAT WOULD BENEFIT SMOKERS ONLY

A new wrinkle: Should the user also receive a benefit for payment? Why not? Let's adopt a cigarette tax that makes the user pay and then benefit.

by John N. Pittman, M.D.

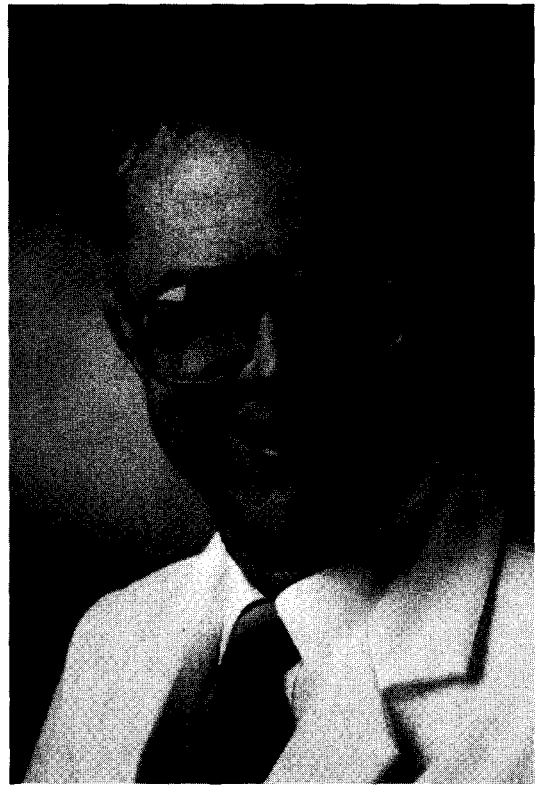
It has been apparent for many years that the health care system is in need of a large cash infusion. One of the major reasons for this need is the tremendous amount of money spent each year on health care benefits necessitated by tobacco use.

Many Americans will continue to smoke despite warnings about health issues. Limiting smoking in public buildings and restaurants may help reduce tobacco consumption but certainly will not eliminate it.

North Carolina is strongly considering a proposal to require that public buildings allocate 25 percent of their space to smokers. Should these smokers be required to pay their fair share of medical costs?

Why should health-conscious Americans pay high medical insurance premiums to cover the cost of caring for tobacco-using Americans? Why should a young couple struggle to earn enough money to cover their medical insurance costs when a significant reason for the high cost is to cover the medical insurance cost of tobacco users?

Why do countries like Canada tax cigarettes at $4 per pack? Obviously Canada has identified the high cost of medical care for tobacco users! In its socialized system, it is attempting to recover some of this money in tax dollars to help finance government health cost and discourage tobacco use.



Dr. John Pittman, a cardiovascular surgeon, proposes: "Cigarette taxes would go to a fund to be used to pay benefits to smokers in need."

A long-standing tradition in America has been making the user pay. Should the payer also receive a benefit for payment?

It would be easy enough to identify diseases caused by tobacco use. Why not charge a medical benefit tax of $3-5 per pack of cigarettes? This money could then be funnelled into a fund (similar to a Social Security fund) that could pay benefits to medical facilities and personnel who provide care for those with tobacco-related diseases. This way, tobacco users would pay their own way for increased medical care cost and not be a burden on a struggling young couple with children.

This tobacco tax also would help reduce the smuggling of tobacco into Canada. Americans pay billions of dollars yearly to destroy drug crops in foreign countries, yet we subsidize our own tobacco crop. We keep cigarette prices artificially lower than they should be, even if they generate only enough dollars to cover their increased medical care cost, let alone cover the increased cost from fire damage, etc.

Why not take a lesson from Canada and heavily tax tobacco? Earmarking these funds for the medical system then would be a "win-win" situation for everyone. The tobacco users would start paying their own way and have health care dollars available to them when needed. And tobacco consumption would not run up the struggling young couple's medical insurance premiums. The young couple would benefit from lowered insurance costs. Finally, the higher cost of tobacco would be a deterrent to tobacco usage, and our nation would be healthier.

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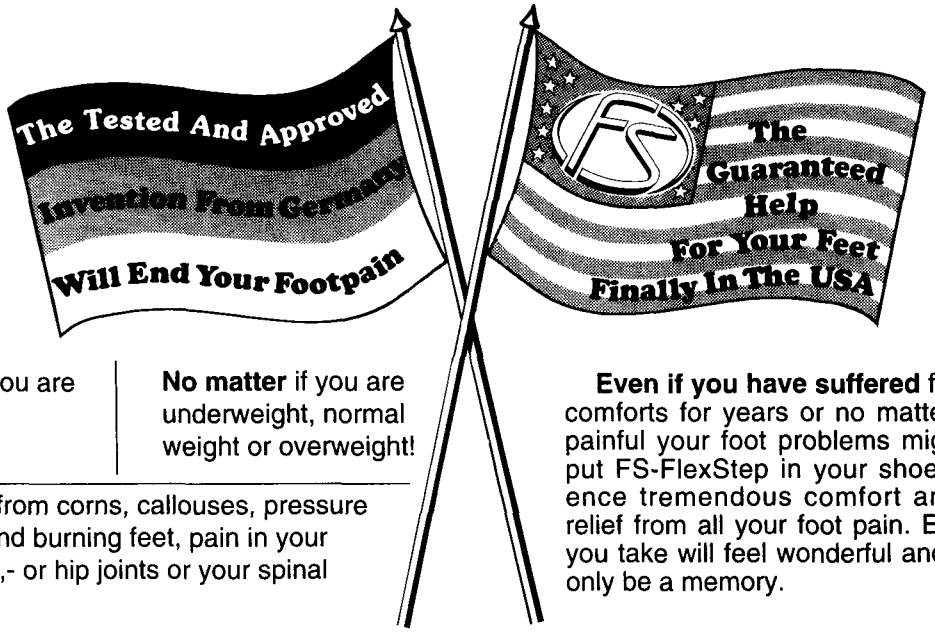

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No matter if you are underweight, normal weight or overweight!

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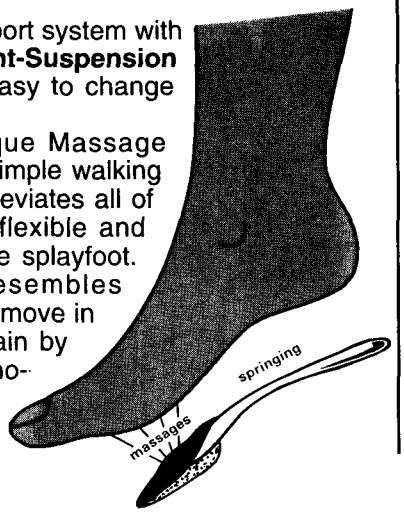

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LISTEN UP!

When the volume begins to fade, tune back in with the latest in hearing technology.

by C.E. Brietzke

Norman Rockwell's illustration first appeared on the May 20, 1922, cover of the Post.

If a tooth aches, you get it filled. If street signs start to blur, you can have a new pair of glasses made in an afternoon. No problem. But if you find yourself missing parts of conversations, having trouble hearing in a crowd, or turning up the volume on the television, you might think twice about buying a hearing aid. In fact, if you're like most people, you probably won't consider it at all.

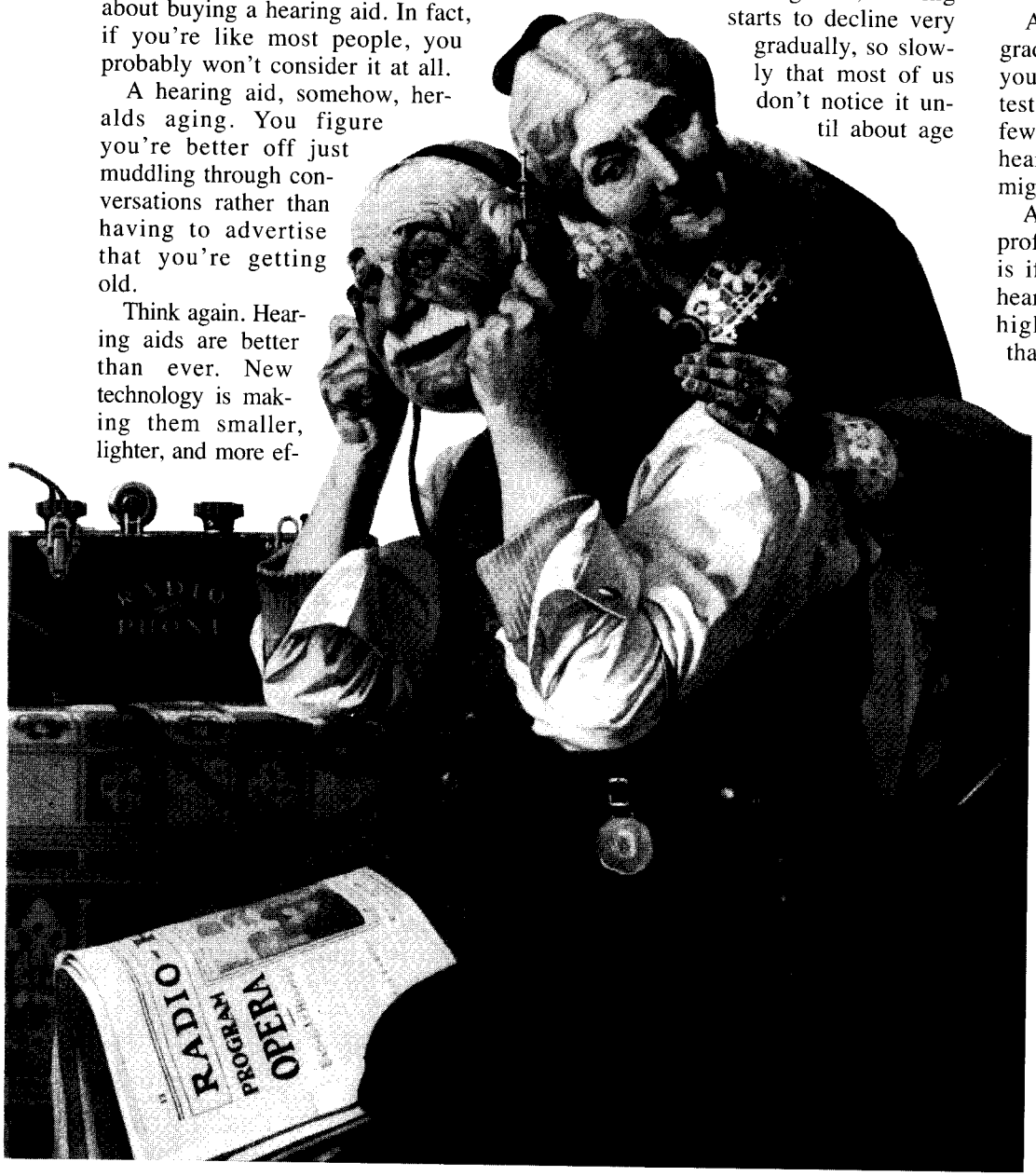
A hearing aid, somehow, heralds aging. You figure you're better off just muddling through conversations rather than having to advertise that you're getting old.

Think again. Hearing aids are better than ever. New technology is making them smaller, lighter, and more effective at amplifying sound than before. With a little savvy, at least $500, and the courage to admit your hearing needs a boost, you can tune back into your world in a hurry. Here's a plan of action.

Understanding the Problem

After age 20, hearing starts to decline very gradually, so slowly that most of us don't notice it until about age 50. This age-related hearing loss is caused by the deterioration of tiny hair cells that line the inner ear. These little hairs transmit sound in the form of vibrations and can be damaged by anything from a very high fever to exposure to loud noise.

"Many men, especially in their teens and 20s, are exposed to a lot of noise, either through military service, their profession, or their hobbies," says Susan Rezen, Ph.D., professor of audiology at Worcester State College. "They suffer a hearing loss due to that, but they learn to compensate, at least until the age-related hearing loss kicks in." These two types of damage can join forces and pack a real punch to your hearing.



Warning Signs

Age-related hearing loss is so gradual it can be hard to figure out if you need a hearing aid. One simple test is to rub two fingers together a few inches from your ear—if you can't hear that soft scratching sound, you might benefit from wearing an aid.

Another indication that you might profit from treatment, says Dr. Rezen, is if you find yourself saying, "I can hear, but I just can't understand." The high-pitched sounds go first, and that's the range that helps you discriminate one word from another. So you can technically hear, you just can't tell the difference between similar words. Some people feel because they are hearing, but not understanding, that they're just not paying attention—some fear the onset of Alzheimer's disease or senility—when it's actually just the decline of high-pitch hearing.

The First Step

Consulting a physician. There are certain kinds of hearing losses that are medically treatable—sometimes it's just a matter of cleaning out some packed-in wax. You also could be dealing with a symptom of a more serious medical problem. Be safe: Have it checked out.

Your primary doctor may refer you to a specialist, an otologist or an otolaryngologist. These specialists usually

continued on page 92

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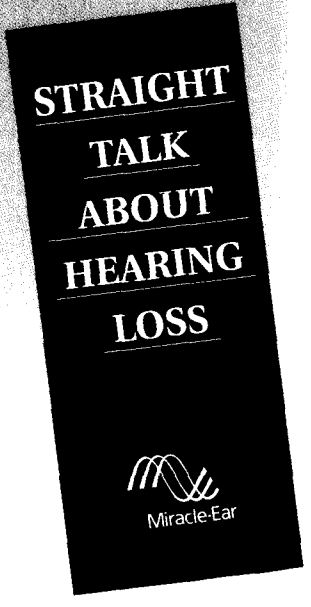
Are you being cheated by nerve deafness?

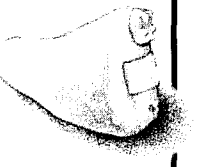
Too many people let nerve deafness cheat them out of important sounds and conversations. Nerve deafness is a type of hearing loss that's not really deafness at all – it's just that you may not hear certain sounds or parts of words. With a variety of Miracle-Ear® hearing systems, many people may find the help they need.

The answer to nerve deafness could be as tiny as this Miracle-Ear® Micro Elite™ hearing instrument. To find out more call for this FREE booklet.



Hearing assistance that's as discreet as a whisper.

Have you delayed getting help for a hearing problem because you're concerned others will notice? Miracle-Ear wants you to know: *your concerns are our concerns*, and it shows in the hearing systems we make.



- Ultra-compact size. The tiniest Miracle-Ear canal instruments practically "hide" in your ear.
- Secure custom fit. Each canal instrument is custom formed to the exact shape of your ear.

Can a Miracle-Ear hearing system help you?

A visit to your local Miracle-Ear representative will help you decide whether a Miracle-Ear hearing system is right for you. Of course, hearing aids can't help everyone, nor can they restore natural hearing. Your success with a Miracle-Ear hearing system depends on your hearing loss and experiences. Start by getting the facts in the free booklet, *Straight Talk About Hearing Loss*. Just mail the attached postage paid card, or call toll-free:

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The 26-year-old self-made millionaire is giving the youth of our country the opportunities he took advantage of while building his fortune.

Eric Schiffer is a man of surprises.

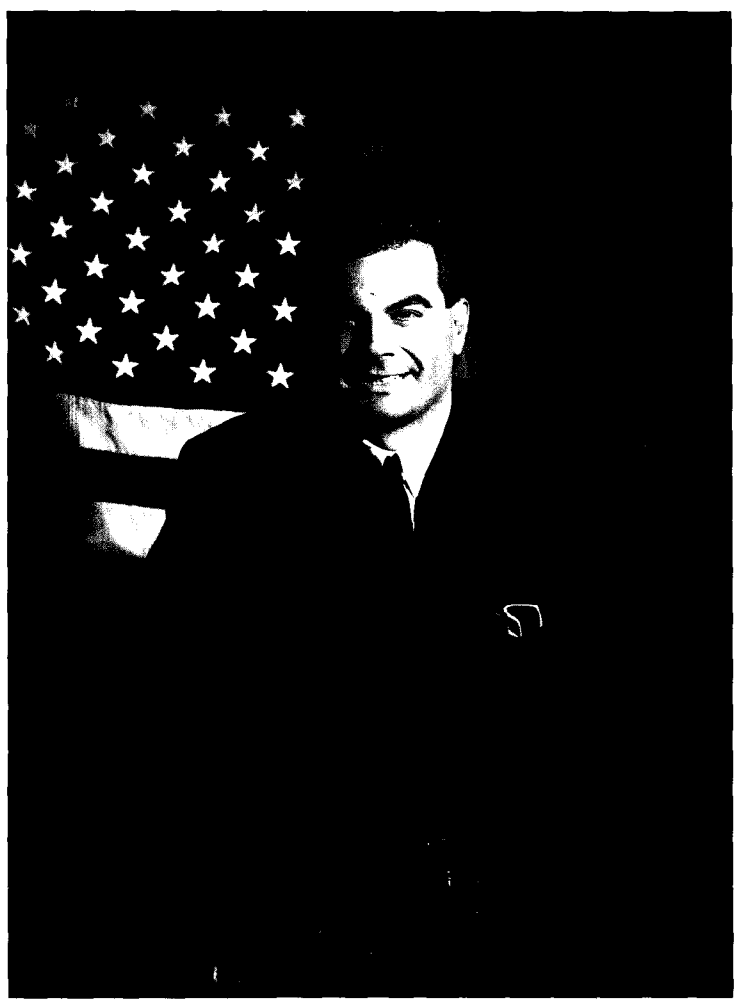
One would expect a self-made millionaire to be older. Eric Schiffer is 26!

Because of his efforts to make those millions, one might expect him to look a tad haggard. Eric Schiffer is Hollywood handsome (having made one movie, with more in the offing).

With so many accomplishments in so few years, one might assume he has a massive ego. Charming Eric Schiffer is the kind of unaffected guy you'd likely meet in the checkout line of your local grocery.

Considering his fortune, good looks, and popularity, one would expect him to be married. Eric Schiffer is a bachelor.

After amassing his wealth, it hasn't become his master. He isn't hoarding it. As we have learned from his sponsorship of the Eric Schiffer Scholarship Races at the Children's Better Health Institute's Fitness Farm, Eric Schiffer is giving generously to "preserve the American dream . . . to prepare the future generations of leaders to help carry America into a third century of greatness."



Eric Schiffer expresses his patriotism by helping prepare tomorrow's leaders for "carrying America into a third generation of greatness."

And he's not even a workaholic. Eric Schiffer believes in a balanced lifestyle.

"I enjoy spending time with friends and with my Dobermans," he says. "But when I work, I work hard." In his leisure, you might find him playing the keyboard, jet-skiing, kickboxing, or reading.

How does one become a millionaire at 26? One way to begin is by writing a timely bodybuilding book, *Pumping Iron for Teenagers*, at age 13, and generating royalties of $10,000. Following this success, Eric had the foresight to predict the real estate boom. Too young to get a license—he was only 17—he began soliciting sellers to list their homes and turned over the addresses to brokers.

After a year in college, which failed to offer the challenge he was seeking—though he encourages America's youth to make a college degree their starting point—his natural interest in science inspired him to compete with thousands of other hopefuls in an annual energy competition. His program on molecular fusion brought top awards from IBM, Crown Zellerbach, and Intel Inc. He later sold his prize-winning software to educational systems.

Three years of real estate success gave Eric the confidence to take on the failing Sportsmed Rehabilitation Clinic in Fremont, Calif. By downsizing the operation and creating new management divisions, the near-bankrupt facility became a huge profit maker within 18 months.

Today, Sportsmed is the nation's largest single-site sports rehabilitation facility. Its advanced technology attracts celebrity clients as varied as actor John Goodman, boxer George Foreman, rapper Hammer, and skater Kristi Yamaguchi.

To help eliminate abuses in personal-injury claims, Schiffer founded Quality Medical Associates (QMA), which provides medical and record reviews for large insurance companies nationwide. QMA currently has 12 facilities in California.

Although most people are interested in investing to make more money, Eric Schiffer invests his money in the welfare of those less fortunate.

The Eric Schiffer Youth Foundation seeks out those its

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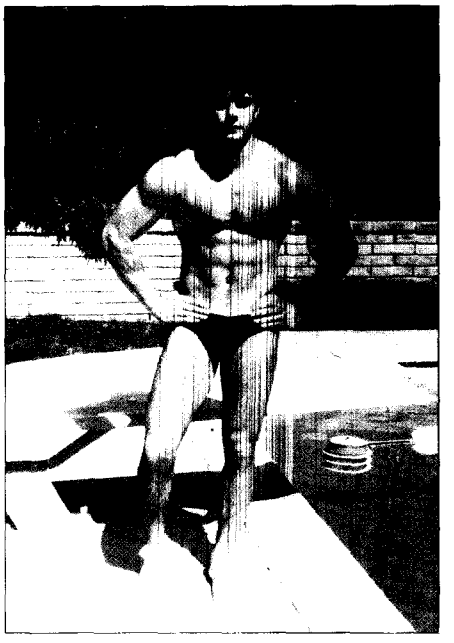
founder has labeled "America's leaders of tomorrow"—giving inner-city and suburban "latchkey" youth some of the opportunities he took while building his fortune.

Eric Schiffer Youth Foundation's latest endeavor is The American Dream, a national program developed to teach self-esteem, personal motivation, discipline, and the intellectual and success skills needed for America's next generation to meet the ethical and social challenges in their future and succeed in business. The program begins with students in the first grade and continues through high school, with college scholarships and business loans available for individuals who show exemplary performance.

Among the activities for aspiring youngsters is a "model city" in which participants interact as business owners and consumers using "lab" dollars. Each model city is altered to mirror the real-life community in which the program takes place. The program was designed as Eric remembers it from his own fourth-grade experience.



Schiffer began flexing his muscles in the business community while still in his teens. He continues to stay in shape through kickbox competitions and the martial arts.

"[The experience] was very motivating," he says. "It shaped my drive."

"The Dream Machine" program, for students in grades 10 through 12, takes place outside the classroom. Here they learn all aspects of running a business through field trips into the business community. They then create their own model business plan that, if practical, will be put into practice with the foundation's support and guidance.

"I firmly believe in the American dream," Eric says. "I love this country and feel blessed and grateful to be an American.

"I believe we can fix what is wrong with it, but we need leaders. We need to work hard and renew its

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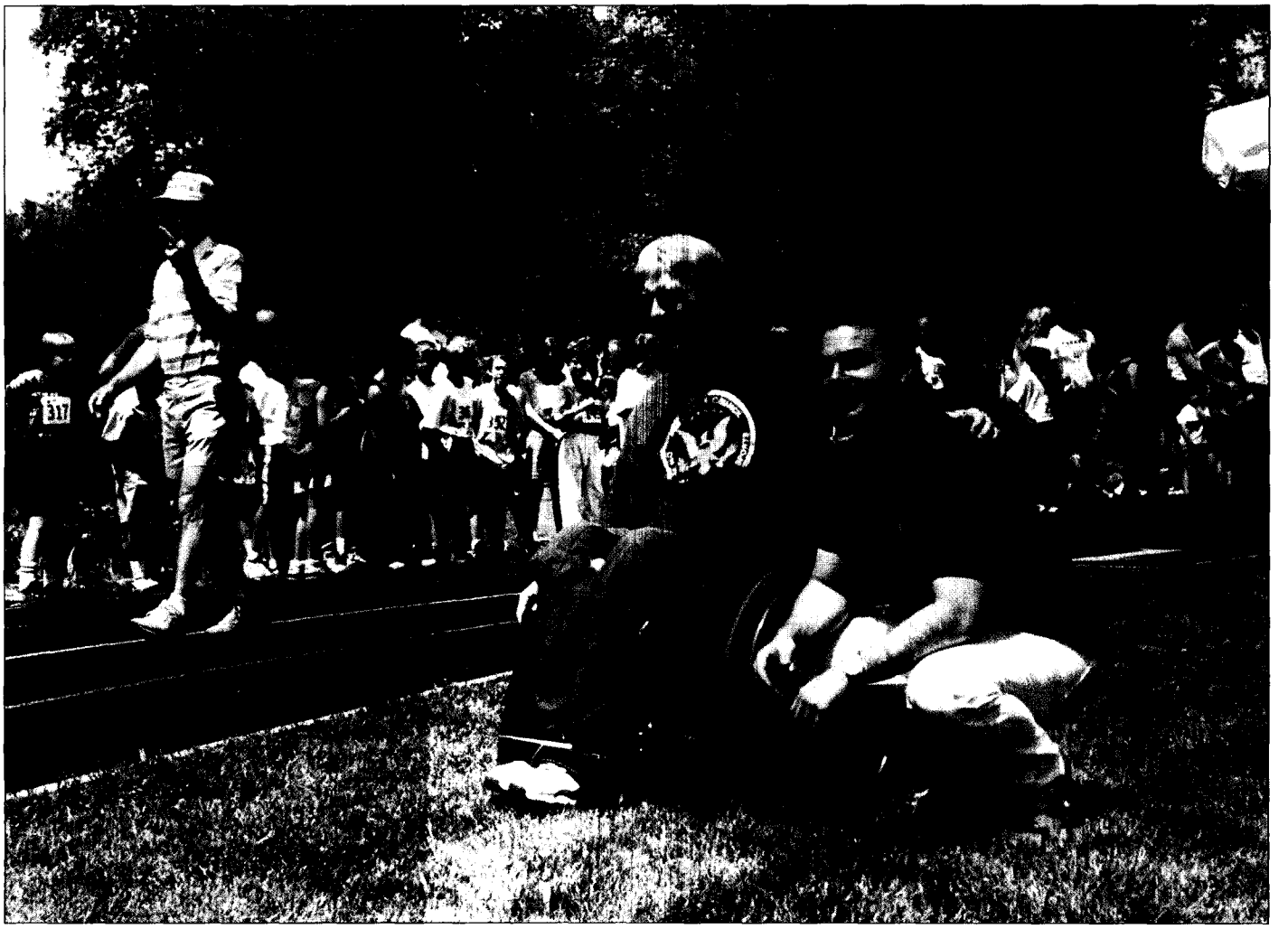

Olympic athlete and grand champion of international wheelchair races, Kevin Saunders, at the Fitness Farm in Indianapolis, sees eye to eye with Eric Schiffer when it comes to inspiring children to "live their dream."

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T

Fleet-of-foot youngsters vie for fitness, fun, and scholarships at the Eric Schiffer Races.

For Stephanie Hucko, winning meant being hugged by her proud parents and family.

For Lauren Wallerius, winning meant taking home a $1,000 college scholarship—although she didn't know what a scholarship was until after the race!

Each of these children discovered a different way to win. So did 426 other runners ages 4 to 12 who ran during the Eric Schiffer Scholarship Races at the Children's Better Health Institute's Fitness Farm in Indianapolis at tulip time.

When the starting horn sounded, they sped around the track. Parents and celebrities—including television's "American Gladiators," Siren and Turbo, and Olympic champion wheelchair athlete Kevin Saunders—cheered them on.

The runners proved to everyone at the Fitness Farm that they have chosen to be healthy and fit—and that alone makes them winners.

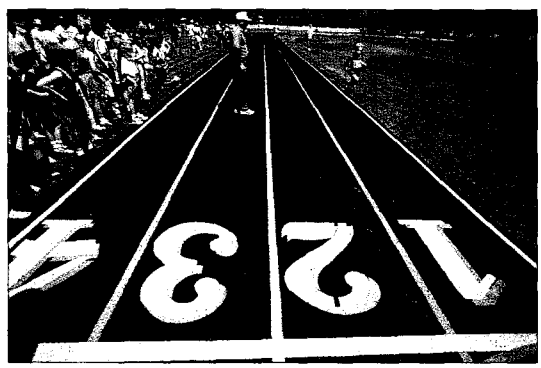
Participants on this beautiful spring day hailed from four Midwestern states.

Sisters Whitney and Kristin Barncord of Granger, Ind., wore matching green outfits and braided clovers that their great-grandmother said would give them good luck. They both crossed the finish line first in their events, even though six-year-old Whitney ran with her shoes untied.

Stephanie Hucko and her parents arrived from Lexington, Ky., at 2 a.m. "I was pretty tired," she says. But that didn't slow her down. She came in first in her race and third overall, and her parents threw a party for her that night.

d'Mario Wells of Chicago Heights, Ill., a cerebral palsy victim, ran wearing leg braces. After colliding with another runner and falling, he picked himself up and, to the delight of cheering onlookers, finished the race. Afterwards, the Gladiators lifted d'Mario onto their shoulders.

Race sponsor Eric Schiffer summed it up. "Everyone is a winner in my book, and I hope in their own heart," he told the crowd.



On the mark, get set, and they're off! More than 450 youth from a four-state area raced for scholarships, fun, and fitness at the Eric Schiffer Races in Indianapolis.

Schiffer sees these races as a solid investment in the youth of our country.

"We all have a common goal," he told parents, "the future of our children, because we know this great country of ours is only as good as its next generaton of leaders."

The young entrepreneur from California provided $14,000 in scholarships to male and female winners in seven race categories. To give everyone a fair chance of winning, predicted-time races were held to allow participants to win by estimating the time in which they would complete the race. It's not always the swiftest who wins, but rather the runner who practices and learns how long it takes him to lap the track. Winner of a $2,000 scholarship, Chris Tiemeier, ran the 200-meter within .19 seconds of his predicted time. "I really didn't think I would nail it," he said, "but I did."

"I think this is a very positive thing, and it should happen all over the country," Siren, of the American Gladiators, told the assemblage. She and Turbo had a special message for the kids: "I want to tell all of you that you don't need drugs to feel good about yourself. Activities, racing, competitive things, those can make you feel good," she said. "Tennis, basketball, and track should be a part of your young life," Turbo added. "You don't have to be the best kid on the court. You don't have to be the fastest. It's all about health and how you are inside."

Racing was only part of the day's festivities, which included Jazzercise, tennis, soccer, golf, basketball, a live band, pony rides, and a magic show. Kids also learned CPR from a registered nurse. Tennis pro Paul Gill, working with the United States Professional Tennis Association, manned one of the busiest posts—the tennis courts. More than 350 children lined up to compete for Prince hats and water jugs, donated by the Prince Manufacturing Co. Other pros conducted a tennis clinic nearby.

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(Left) Eight-year-old Alexander Durham practiced before the races and as a result walked away with a winner's scholarship and congratulations from Eric Schiffer.

Even 5- and 6- year-olds lined up again and again to take a swing at winning a prize by hitting a target that read "Tennis—A Sport for Lifetime." Elsewhere on the farm, a tug-of-war was taking place between the American Gladiators versus 12 determined youth—the kids trounced them handily.

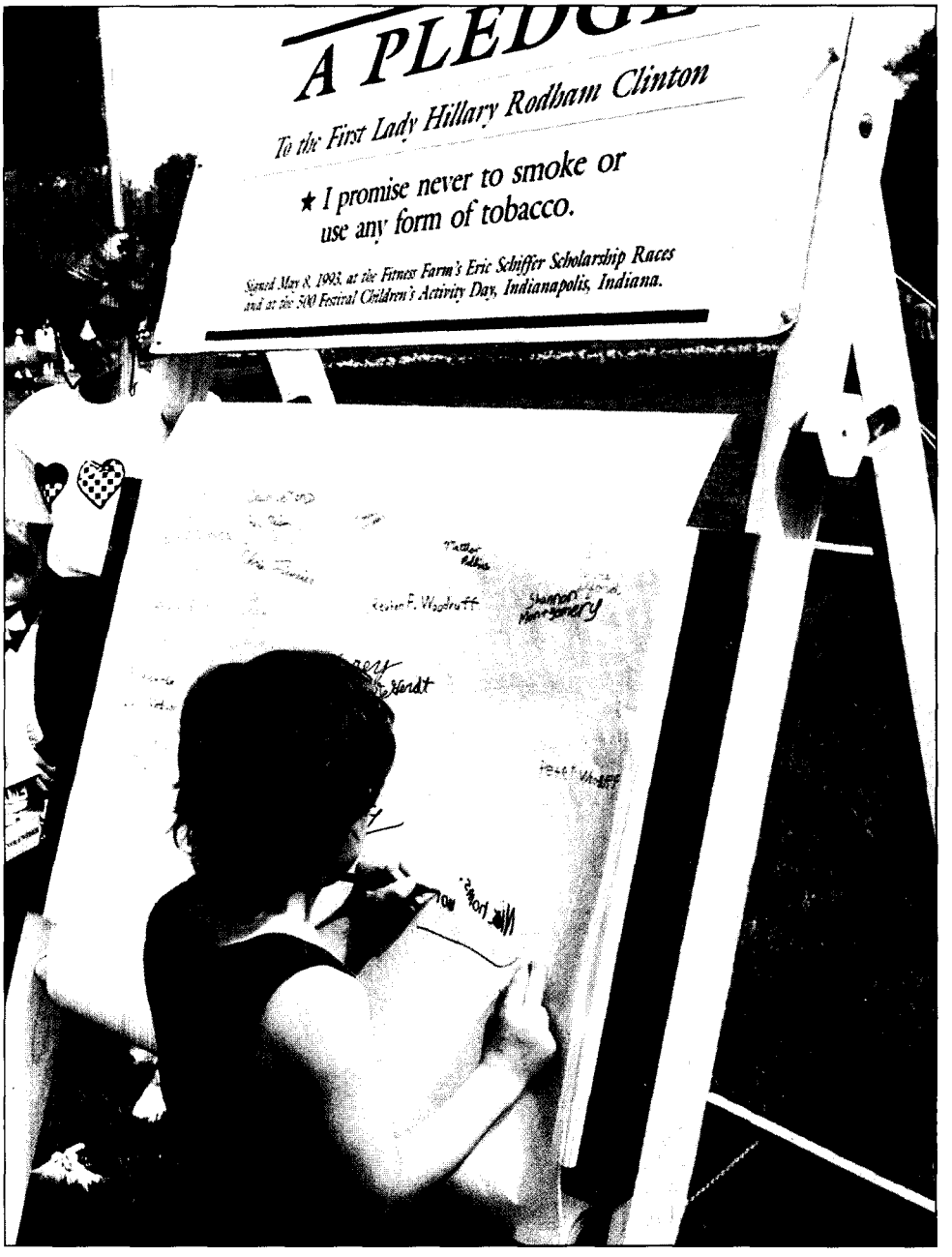
Everybody lined up to add their signatures to the pledge board, promising never to use tobacco products. The 93 square feet of signatures went by mail to Hillary Rodham Clinton.

If you missed the first Eric Schiffer Scholarship Race, don't worry, there are more to come. The next will be held Oct. 30 at Long Beach State in Los Angeles. Children ages 5 to 12 are invited to participate. The events will include predicted-time races. The Governor's Council on Fitness and Sports, headed by Arnold Schwarzenegger, will be on hand with a Sports Clinic and Exhibition, including celebrities and demonstrations in boxing and gymnastics. To enter, write The Eric Schiffer Youth Foundation, 1407 Lakeshore Circle, San Jose, CA 95131.

A second scholarship race is being planned for April 30, 1994, at the Fitness Farm in Indianapolis. It will include basketball scholarships. Those interested should write to: The Eric Schiffer Scholarship Races, Fitness Farm, 1100 Waterway Blvd., Indianapolis, IN 46202.

The scholarship races are garnering national attention, judging by the corporate sponsors who donated equipment, products, and time. These include Arrowhead Mills, California Raisin Advisory Board, General Mills, Galyan's, Kellogg's, Kroger, Pentel of America, The Finish Line, Crystal Light, Athletic Annex, Fila Sports, and Prince Manufacturing. The National Institute for Fitness and Sport and the United States Professional Tennis Association also helped sponsor the event.

Gladiators Turbo and Siren congratulate d'Mario Wells, a contestant with cerebral palsy. The Kellogg Co. sent Tony the Tiger to cheer on the runners.


A PLEDG
To the First Lady Hillary Rodham Clinton
★ I promise never to smoke or use any form of tobacco.
Signed May 8, 1993, at the Fitness Farm's Eric Schiffer Scholarship Races and at the 500 Festival Children's Activity Day, Indianapolis, Indiana.

There'll be no tobacco products in the future if the hundreds of kids who signed a 30-foot-long pledge *not* to use tobacco have anything to say about it.

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MEET THE WINNERS

The thrill of winning a race is always doubly sweet.

First and most exciting is that pounding in the veins as the ribbon breaks across your chest. Later comes a less frenetic—but no less powerful—surge of pride when you're honored for your victory at the awards ceremony.

The young athletes who won scholarships at the 1993 Eric Schiffer Scholarship Races certainly know this dual exhilaration. As the children stood in a row in front of hundreds of well-wishers, their eyes sparkled with pride.

Many of these youngsters participated simply for the joy of speeding around the state-of-the-art track at the Fitness Farm. This was certainly true of Lauren Wallerius, eight-year-old winner of the 400-meter race.

"I like to run, but I don't run much, really. I didn't even know what a scholarship was until after I won!" she admitted.

A few, like Ryan Radez, age 10, are veterans to victory. He has run successfully in races for several years. "I run every other day with my dad," Ryan said. "He helps me keep in shape. Someday, I want to run in an ultra-marathon. That's 100 miles!"

Ryan Radez, 10 (800 meters), and Jim Penlesky, 12 (1600 meters), proudly display their scholarship certificates.

For Ryan, there's nothing like an incentive to spur the spirit of competition. His victory was sweetened by the pot of gold at the finish line.

"I ran the [800-meter] race because I wanted to win that scholarship really, really bad," he said, grinning.

Many of the participants hailed from Indiana, but Jimmy Penlesky, age 12, came from Bowling Green to compete.

"That's Bowling Green in Ohio, not Kentucky," Jimmy reminded everyone before the awards ceremony. "I read about the scholarship races in *U★S★Kids* magazine. I like to run and run, so my parents brought me down here."

Jimmy received a $1,000 scholarship for finishing first in the 1,600-meter race for 11- and 12-year-olds.

Cory SerVaas, M.D., as excited as the winners, presented the certificates to each scholarship recipient.

"I can't believe how great these kids are," she said. "They each gave

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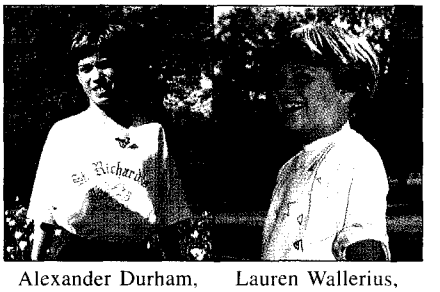
200 Meters - Age 6 & Under

James Patton, age 6, Time: 0:45.34

Shaina Veeneman, age 5, Time: 0:45.37

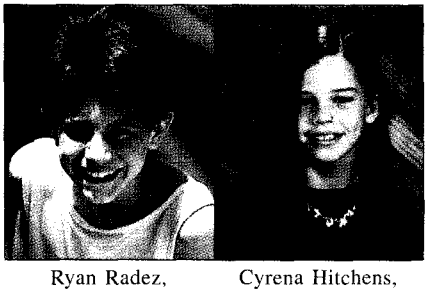
400 Meters - Age 7 & 8



Alexander Durham, age 8, Time: 1:22.47

Lauren Wallerius, age 8, Time: 1:29.09

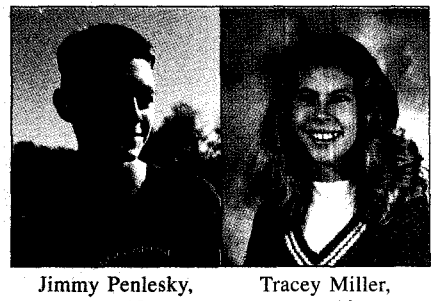
800 Meters - Age 9 & 10



Ryan Radez, age 10, Time: 2:50.16

Cyrena Hitchens, age 10, Time: 3:08.83

1,600 Meters - Age 11 & 12



Jimmy Penlesky, age 12, Time: 6:28.12

Tracey Miller, age 12, Time: 6:07.05

1,600 Meters - Age 13 & 14

Ryan Gibson, age 13, Time: 5:45.71

Heather Baumgardner, age 14, Time: 7:33.09

Predicted-Time Race

Chris Tiemeier, age 10, .19 seconds*

Abigail Staggers, age 10, .06 seconds*

* Difference in predicted time and actual time

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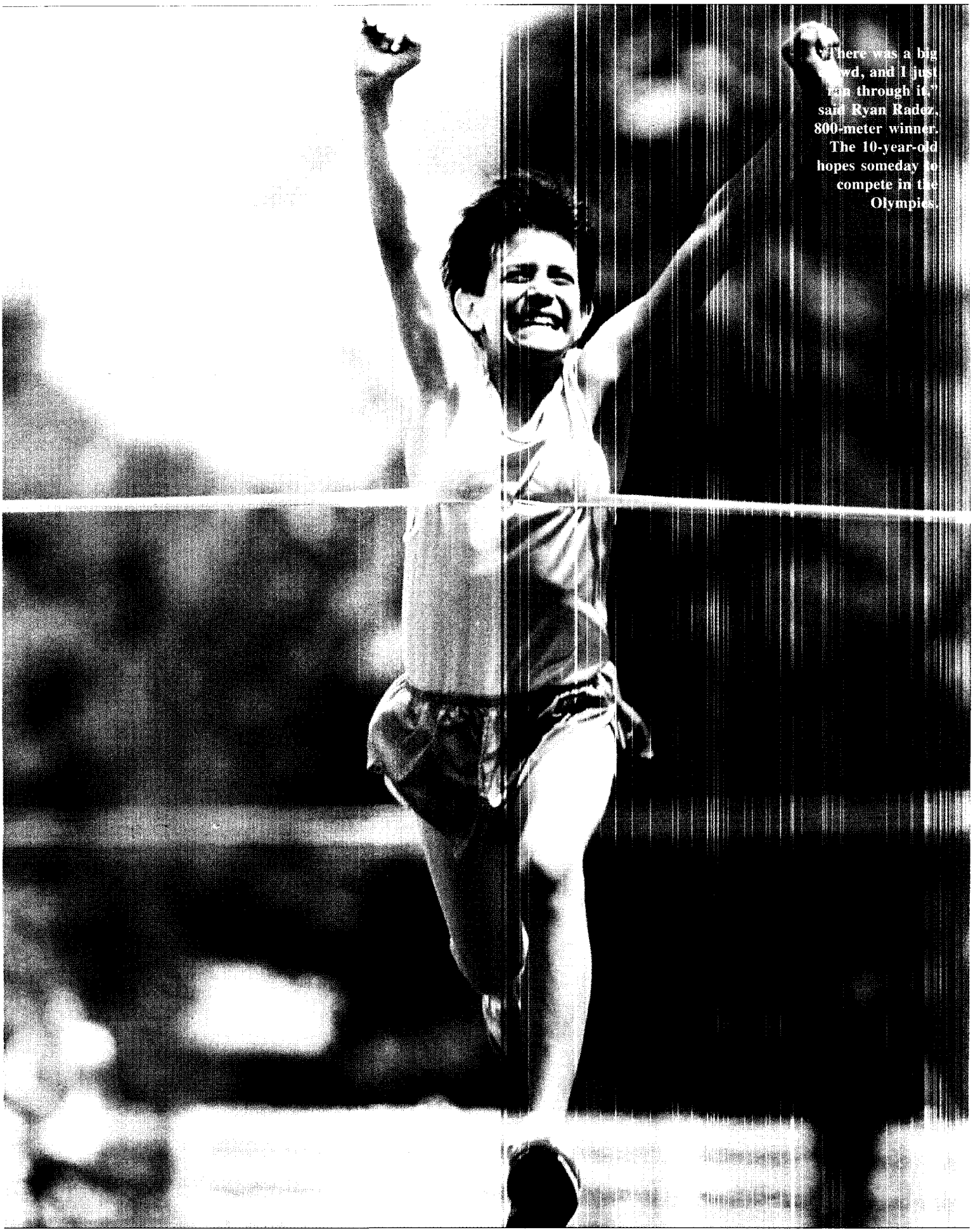

"There was a big crowd, and I just ran through it," said Ryan Radez, 800-meter winner. The 10-year-old hopes someday to compete in the Olympics.

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FITNESS COMES IN CYCLES

One of the best forms of exercise, bicycling gives the heart and circulatory system an outstanding aerobic workout.

Remember when you first learned to ride your bike without training wheels? As you pedaled down the sidewalk with the wind in your face, you felt almost as if you were flying.

If you'd like to experience that feeling again, go ahead! Bicycles aren't just for kids or hard-core athletes. They represent a great opportunity for shaping up aerobically while enjoying the outdoors.

Cycling is one of the best forms of exercise: it gives the heart and circulatory system an outstanding aerobic workout; it can burn 400 to 700 calories per hour; and it conditions not only your legs but, if you ride a touring bike with drop handlebars, your upper back and shoulders as well. For injured runners, cycling is ideal because it develops aerobic capacity while imposing far less stress on joints than running. You can ride indoors on an exercise bike—one of the most convenient forms of aerobic conditioning—or ride outdoors, which offers more variety and mobility than almost any other form of exercise.

To get the most from cycling for fitness, consider both your location and your bike.

If you ride in stop-and-go traffic in a suburb or a city, gaining any aerobic benefit will be difficult. On the other hand, riding in the country over hilly terrain may be too strenuous for beginners. When you begin cycling, it's best to ride on a paved roadway that varies from level to gently rolling; this allows you to ride in low to moderate gears at a good, even pace without straining. Then, as you become stronger, you can increase your cadence—the rate at which you pedal—and also try climbing long hills.

To ride for any significant distance, especially if you tackle hills, you need a bike with at least 10 speeds. Such bikes have sturdy but lightweight frames and usually are equipped with drop handlebars that alleviate back stress. Prices for these bikes range from $200 to $250, depending on construction, weight, quality of components, and workmanship. "All-terrain" bikes offer 18 speeds, and, while these tend to be heavier than 10 speeds, many of the newer models are suitable for riding on paved roads.

TIPS ON PEDALING AND FORM

Many inexperienced cyclists think that the higher the gear the better the workout. But, in fact, riding in high gears increases the force needed for pedaling and can lead to injuries such as biker's knee (a generic term usually referring to pain around or under the kneecap). Pushing hard on the pedals also places stress on the sole of the foot and can interfere with blood circulation in leg muscles.

On the other hand, pedaling fast at a very low gear (one with low resistance) requires your muscles to contract quickly, which can make them sore. Follow these guidelines to avoid injury:

❖ **Maintain a cadence of 60 to 80 rpm** (revolutions per minute). Studies show this is the optimum pedaling rate for most cyclists; however, racers cycle in the range of 80 to 100 rpm—even faster when they sprint. Optimal cadence does vary somewhat from person to person, depending on training level, speed, and the use of accessories, such as toe clips.

❖ **Save high gears for level terrain**, and save the highest gears for riding downhill or with a good

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Cycling outdoors is an activity the entire family can enjoy together. Finding the right size and type of bicycle for each member of the family is important.

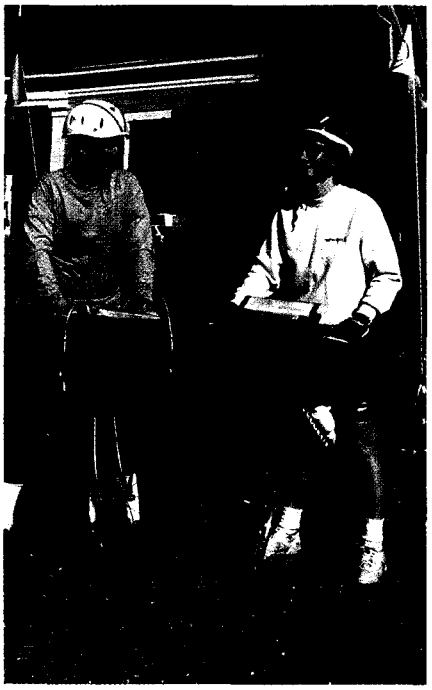
Helpful Helmet Hints

A recent study found that 80 percent of all cyclists believe helmets offer effective protection, but only 2 to 10 percent of all cyclists actually wear them. As a consequence, head injuries account for 85 percent of the nation's 1,000 annual cycling deaths, 34 percent of which claim the lives of children ages five to 14. If you're moving as slowly as 20 miles an hour and your unprotected head hits something solid, you have little chance of surviving.

Reasons for not wearing helmets usually are based on aesthetics or comfort. But such objections don't hold up against the attractive lightweight designs now approved by the American National Standards Institute (ANSI) or the Snell Memorial Foundation, which has test standards accepted nationwide.

Choosing A Helmet

Whichever style you choose, check for the ANSI approval sticker, meaning the helmet meets reasonable laboratory standards for absorbing severe blows. An ANSI sticker should be adequate for most cyclists. A Snell sticker means the helmet meets even stricter standards (though this helmet has not been proven any safer). Only about a dozen models have both stickers. A good helmet may cost from $30 to $70.



Conventional helmets with a hard outer shell and an energy-absorbing interior made of polystyrene foam weigh one pound or less. The new ultralight models that weigh as little as eight and a half ounces are made of very dense foam and have no outer shell, which makes them cool and comfortable. However, such helmets may suffer more damage from daily wear than helmets with hard outer shells.

Replace helmets every five years. The plastics used in both their inner and outer layers deteriorate under the stress of weather and hard knocks. If you have an accident, send your helmet to the manufacturer for inspection, even if it appears undamaged. Many manufacturers will replace damaged helmets free of charge.

Shopping Tips

When buying helmets, look for these features:

❊ **SHOCK ABSORBENCY.** The liner is as important as the shell. A good liner should be at least a half-inch thick and made from crushable expanded polystyrene (the foam used for picnic coolers and packing material). Although it is stiff, the liner will give under impact, absorbing the shock of a collision or fall.

❊ **COMFORT AND FIT.** You are less likely to wear an uncomfortable helmet. Sponge rubber or fabric pads should hold the helmet firmly to your head. The helmet should allow ventilation, which is crucial on summer days.

❊ **IMPENETRABILITY.** A rigid outer shell can stand up to abrasion and collision with sharp, hard objects like car doors and handles. The usual materials are polycarbonate or fiberglass.

❊ **SECURITY.** A snug-fitting strap, fastened with a D-ring or buckle, will keep the helmet secure.

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Year-round Biking

Working out on an exercise bike is a great year-round conditioning program. Any well-equipped gym or health club will have exercise bicycles. Many people have them at home; the stationary exercise bicycle is the most popular item of home exercise equipment in the United States.

Pedaling an exercise bike is great for aerobic condition if done at least three times per week for 20 minutes. An exercise bicycle is also a great conditioning tool for beginners because they can start by setting the pedaling resistance at an easy level. As their fitness level improves, they can prolong workouts and increase the difficulty by adjusting the resistance of the flywheel. A 170-pound man pedaling at 20 miles per hour burns about 700 calories an hour. These bikes also are excellent for toning calves, thighs, and buttocks—although they don't exercise the muscles of the upper body.

The two basic kinds of exercise bikes are standard stationary bikes and ergometers. Both have just one wheel—a heavy metal flywheel at the front. The wheel turns against a strip of fabric or some other resistance that can be tightened or loosened to adjust the workload. Don't buy a bike with unadjustable tension.

Ergometers have indicators that calculate work output. Some, for example, calculate output in watts, others show calories consumed. These devices make ergometers more expensive than standard stationary bikes.

By measuring exactly how much work your body does, you can duplicate and then exceed that output in your next workout. But output is not as important for measuring aerobic fitness as your heart rate. So even when riding an ergometer, take your pulse regularly as you pedal to make sure you are reaching, but not exceeding, your target heart rate.

Choosing An Exercise Bike

Many people grow bored with their exercise bikes, often because the bike is poorly designed, the seat is uncomfortable, or the pedal motion is uneven. The two keys to a good bike are a heavy flywheel, which ensures smooth pedaling, and a comfortable seat. In the long run, a more expensive bike is a better investment than a bottom-of-the-line model.

To get maximum efficiency from leg muscles while putting minimum strain on the knees, adjust the height of the seat so that, with the heels on the pedals, you can pedal backward without swaying from side to side. Keep the seat level, or tilt it up a little at the front—this takes the strain off the wrists and arms.

Start sessions at about 45 pedal revolutions per minute, and work up to 70-90 revolutions per minute at moderate tension. Pedaling slowly at a high-tension setting actually puts an excessive load on the legs, heart, and lungs; this cannot be sustained long.

Tips for Beginners

❊ *Never buy a machine without a test ride.* It could wobble or be the wrong size for your body. Some bikes are also noisy.

❊ *Use toe clips* to prevent your feet from sliding; this keeps equal upward and downward force on the pedals.

❊ *Buy a padded seat and handlebar pads* for comfort.

❊ *Wear lightweight, absorbent clothing.*

❊ *Play a radio, read, or watch television* if you find yourself getting bored. Use a fan if you get too hot while pedaling.

Adapting Your Own Bike

If you already own a conventional bike, you can convert it into an indoor exercise bike—one that you know will be comfortable—and for far less money than a store-bought exercise bike. Purchase a device outfitted with rollers that support your bike while allowing you to pedal; you can adjust the rollers as well as the gears on your bike to control the resistance.

Or buy a wind-load simulator—a round, cage-like device that simulates the wind resistance of actual outdoor bicycling. Put your regular bike on a frame with the simulator; the harder you pedal, the greater the resistance—just as if you were pedaling into the wind.

Whether you choose to exercise outdoors or in the comfort of your home, you'll find cycling a healthy challenge. And you may feel like a kid again!

downhill or with a good tailwind.

❖ **Use very low gears** when climbing steep grades, carrying heavy gear, or experiencing a knee problem that's aggravated by strenuous cycling.

❖ **Maintain a comfortable and efficient riding posture** to sustain a constant pedaling effort. Bend from the waist, but don't slouch; your back should be slightly curved, not hunched.

❖ **Don't ride in the racing "drop" positions** (with your hands on the curved parts of the handlebars) for an extended period of time. Although this position does make your pedaling more efficient, it may cramp your hands and shoulders. Instead, switch hand positions frequently to the top of the handlebars.

❖ **Keep your arms relaxed,** and don't lock your elbows. This technique helps you better absorb bumps. Also, when you see bumps ahead in the road, rise slightly off the seat to prevent painful bouncing.

❖ **Wear shoes with rigid soles.** These promote efficient pedaling because they transmit more power to the pedals.

DEFENSIVE RIDING

When you ride outdoors, road conditions, traffic, and weather can pose hazards. Bicycling is generally a safe activity, but more than 1,000 people die annually in the United States because of cycling accidents. Take these steps to improve safety:

Equip yourself. Always wear a helmet, and, when cycling at night or when visibility is poor, wear brightly colored reflective clothing. Don't wear headphones—not only do they block out the street sounds you need to hear, but wearing headphones also is a misdemeanor in some places. Carry packages only in baskets, handlebar- or seat-bags, or panniers (side pouches made especially for bicycles). A heavy backpack can throw you off balance.

Brake carefully. For most road conditions, use both brakes; using one or the other alone can be hazardous. Remember that each of the two hand brakes has a specific function. The front brake (the left lever) has the power to stop you more quickly than the back (the right lever); given enough pressure, it can throw you over the handlebars. The back brake,

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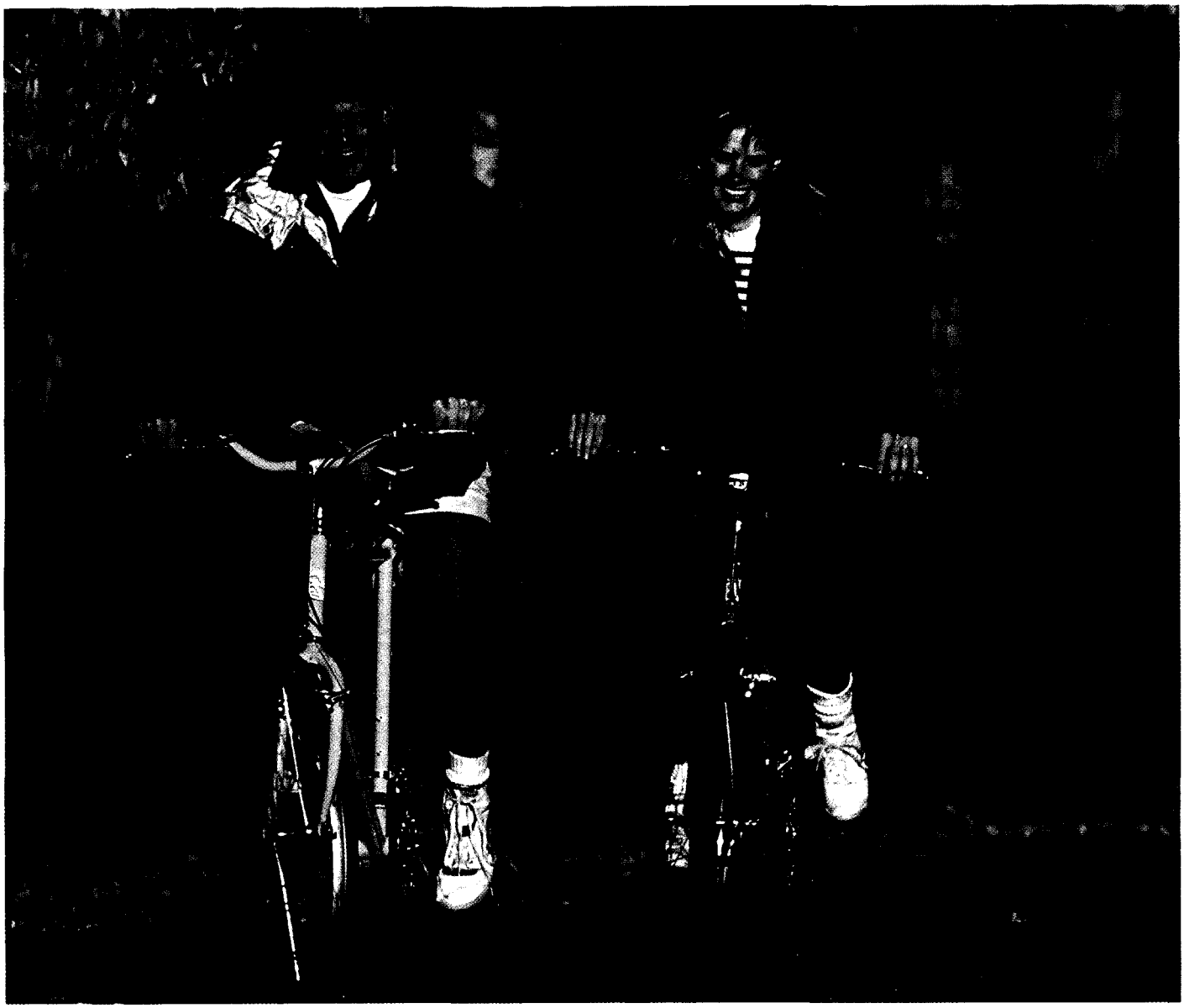

A Fitting Bike for You

For comfort, efficiency, and safety, you need a bike that fits. The following tips will help you check the bike you're buying or the one you already ride.

❊ **FRAME.** Handlebars, saddle, wheels, gears, and brakes can be adjusted to match your size and riding ability, but the frame has to fit from the start. A man's frame (with a tube running from the handlebar stem to seat) is usually sturdier and has a more efficient braking system. It's the best choice for a man or woman. Bicycle frames range in size from 19 to 25 inches (the length of the seat tube). To find the right size frame, straddle the top tube: there should be about one inch of space between you and the tube.

❊ **HANDLEBARS AND STEM.** Drop handlebars are preferable because they allow you to change your riding position frequently. The handlebar height should be level with the saddle. To check your reach to the handlebars, stand at the side of the bike, place your elbow at the tip of the saddle and try to grab the bars—your fingertips should barely touch. If not, the horizontal bar extension (or stem) of the handlebars is too long. While handlebar height can be adjusted easily, the stem length can be adjusted only by replacing the stem.

❊ **SADDLE.** Seats are easily replaced or improved and come in many different styles and materials. Your pelvic bones—those you sit on—should support your weight evenly. The seat should be firm but flexible enough to absorb the impact of bumps and the pressure of your pelvis. Gel-filled saddles have form-fitting cushioning that makes riding more comfortable.

❊ **ADJUSTMENTS.** Once you've decided on a bicycle, adjust the seat height and position. First, sit on the bike and pedal until one leg is extended and the pedal is at its lowest point. Your knee should be bent slightly.

Second, pedal backwards with your heels while someone holds the bike steady. If the seat is at the right height, your heels will barely remain in contact with the pedals. Adjust the seat accordingly, leaving it parallel to the top tube or tilted up slightly.

Third, adjust the position of the handlebars to accommodate your preferred riding style. An upright position may help minimize back strain, while a racing position—in which you are bent over the handlebars—will help you cut wind resistance.

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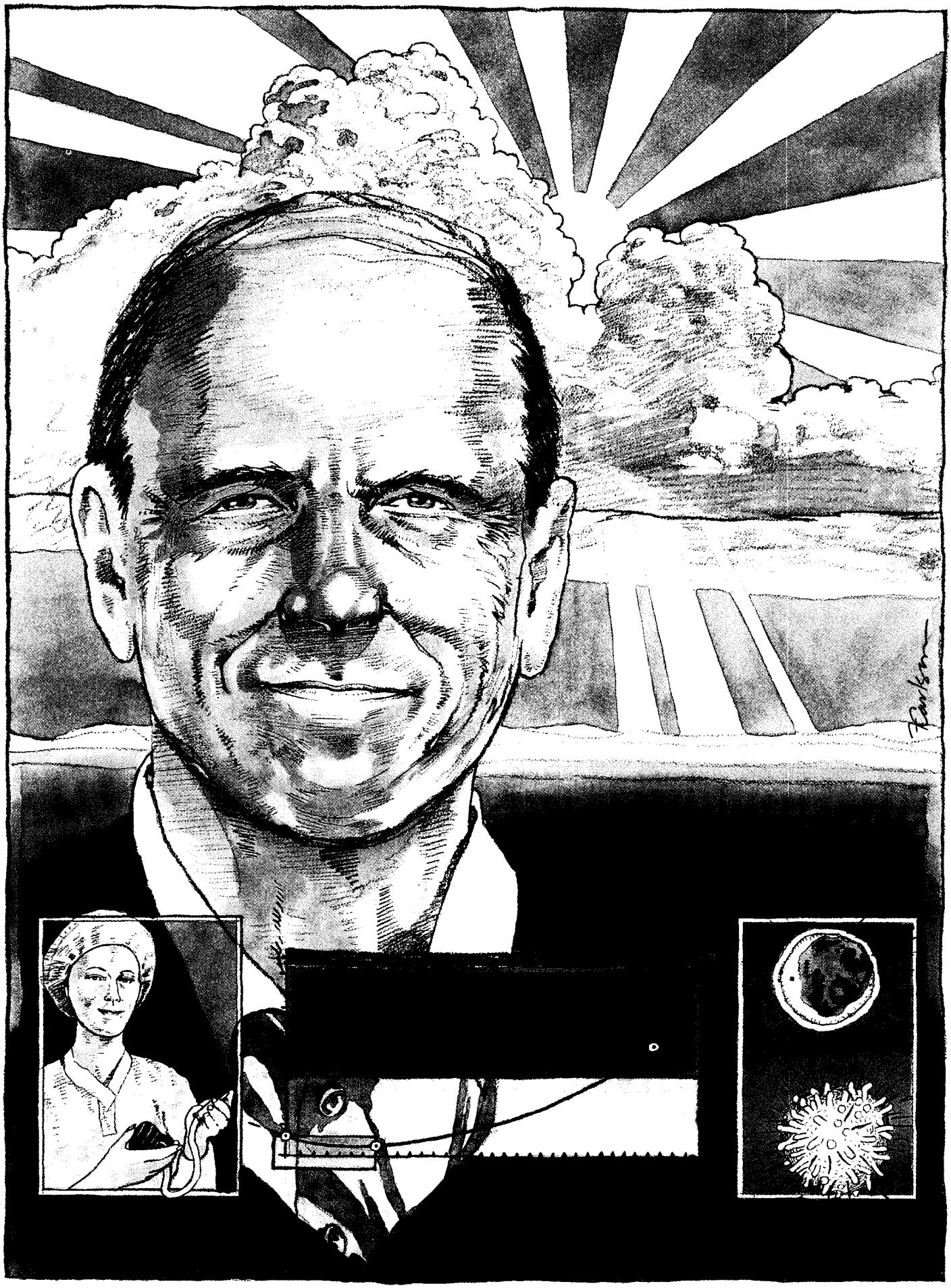

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WINNING AGAINST LEUKEMIA

The newly diagnosed cancer patient had two choices: the standard treatment or an experimental drug. He chose the latter.

by Wendell Allen

Illustration by Frederick H. Carlson

"Hairy cell leukemia? What's that?" I asked.

Dr. Vince Caggiano had just given me the bad news in my room at Sacramento's Sutter Memorial Hospital, where I had been admitted with pneumonia, complicated by anemia and a dangerously low white blood cell count.

At age 62, recently retired, I didn't need this. At any age I didn't need this.

The diagnosis of my illness as hairy cell leukemia, a rare strain of leukemic cancer, had not been easy. Several tests had been performed to rule out diseases that would exhibit similar symptoms, including tuberculosis, Lyme disease, AIDS, and even brucellosis (hoof and mouth), because I had recently returned from a trip to Australia's Outback. Consulting physicians reportedly were placing bets on the root of my problem.

Finally, Dr. Caggiano and the staff pathologist, using an electron microscope, detected the hairy cell leukemia—so called because under the microscope the white blood cells look as though they are covered by small hairs.

During the next few weeks, I was to learn many medical terms. If you don't need to know them, don't bother.

Chronic leukemia, I learned, is an incurable white blood cell cancer that comes in two main varieties: lymphocytic leukemia and myelocytic leukemia. Both types attack specific, but different, white blood cells, eventually destroying the body's immune system. Hairy cell is an extremely rare strain of the lymphocytic type, so rare that many physicians never encounter the disease.

"You have options for treatment," Dr. Caggiano told me that day in July '91. "We've had some success controlling lymphocytic leukemia with interferon, a chemotherapy. That is currently the treatment of choice for you. The therapy takes about one year."

"You said I had options?"

"Yes," he continued. "For hairy cell, Scripp's Clinic has had excellent results using the drug chlorodeoxyadenosine, 2CdA for short. It's still in clinical trials, not yet approved for general use, but if you agree, I'll try to get you admitted into the program."

"This is really a good news/bad news briefing," began Dr. Saven. "The bad news is that you have cancer. The good news is you have the kind we can do something about."

"What would you do if you were me?" I asked.

"I'd go," Dr. Caggiano said. "Absolutely no question. The therapy lasts one week. After that, you just need follow-up tests to verify that you stay in remission."

A few days later, on my way to San Diego to begin the treatment, I had visions of being administered the drug, strapped on a table and surrounded by researchers dressed in white gowns, observing my every reaction. What a letdown—not one guy in a white coat. Only a youthful Dr. Alan Saven, resident physician, was there to greet me and one other patient: Deanna Gragg from Aberdeen, Wash.

"This is really a good news/bad news briefing," began Dr. Saven. "The bad news is that you have cancer. The good news is you have the kind we can do something about." He then proceeded to answer our questions:

The success rate of the drug? "Excellent." Do all patients really go into remission? "Yes." How long have the 2CdA trials been running? "Three years." How many patients have been treated? "More than 300." What are the side effects? "Minimal, essentially none." How many have returned for additional treatment? "Two." Have the others all died? "No."

During a post-brief caucus with Ms. Gragg, we discussed our options.

"What do you think, Deanna?" I asked.

"Well, I've been through two interferon treatments," she said. "They were two years apart. Both were just terrible. As a matter of fact, I decided I would prefer to take my chances on a miracle, or death, before going through that again. Maybe this is my miracle."

During the next week, my "treatment," administered totally as an outpatient, was as painless as it was interesting. It began the afternoon of my arrival with a briefing by Melba Nelson, R.N., who, together with Patty Averell, R.N., administers the 2CdA clinical trial at Scripp's La Jolla Clinic. I was told that I would have a catheter inserted into my arm, and then a small, portable, battery-operated "infusion pump" would be attached to the catheter. The preprogrammed, beeper-sized pump would then inject small, micron-sized doses of the 2CdA chemical at five-minute intervals for the next seven days, regardless of whether I was awake or sleeping.

Thus enlightened, I was catheterized (a painless procedure), hooked to the belt-carried pump loaded with a week's supply of 2CdA, and sent on my way. (I was required to return each day to have a blood count taken to monitor my progress.)

The primary indicator of the drug's power during the seven days of treatment is the gradual *decrease* of the patient's white blood cell count (WBC). A healthy person's WBC will be in the 5,000-11,000 dl range. Patients entering the 2CdA therapy typically show WBCs much less than this: my count, for example, was 1,300. The drug performs its miracle by destroying the diseased white cells that secrete an enzyme recognizable by the

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LOW ON THE HOG

He didn't expect his dear bride to take the vow of marriage with one hand on a cookbook, but neither did he expect to be served dowel rods passed off as breadsticks.

by Maynard Good Stoddard

Illustrated by Don Trawin

Coming into the kitchen from my morning labor of sanding a rusty paper clip, I said to my dear wife, "Where'd you get the dowel rods?"

"Those are breadsticks," she said. "I may have left them in the oven a tad long."

A tad! I couldn't make a dent in one of those things with my industrial set of dentures. Brutus, who has no trouble chewing kindling, took it out and buried it without bothering to try.

Now don't misunderstand. I love my wife as well as the next man. Loves his wife, perhaps I'd better add. And I certainly don't want to give the impression that she is totally unskilled with the skillet. If you should get that impression, that's your problem. I have enough problems of my own as it is.

It's not that I expected my bride to take the marriage vow with one hand on a cookbook or anything like that. But when the preacher said, "Do you promise to tell the truth, the whole truth, and nothing . . ." I'm sorry, I'm confusing this with another ceremony, which is easy to do. But what I'm getting at, along with the vow of loving, honoring, and cherishing, there should be something about the basics of cooking, feeding, and catering. Catering to hubby's tastes, for one thing.

In all the confusion, it never occurred to me that the bride would be serving the dishes she prefers. If hubby doesn't happen to prefer them, tough. He is certainly free to serve up his own. Or to get his McMeals elsewhere.

My dear wife, for one horrible example—let me rephrase that: For one horrible example, my dear wife has a passion for liver and onions. Onions I'll go for. But I draw the line at eating the internals of an animal. I even have trouble with eggs. It's just the thought of where they've been, if you know what I mean. But when it comes to liver—and I quote from the *American Heritage Dictionary*: "Liver. A large compound tubular vertebrate gland that secretes bile . . . ," which is enough right there to turn my delicate taste buds to the wall.

One of my favorite dishes is Beans Arkansas. You know, beans, chips of crisp bacon, and onions. She doesn't care for Beans Arkansas. I made it once, in '43 or '44, to show her how. I've been waiting ever since.

She is big on tacos. I hate tacos. As I tell her, "You might as well save the shell and dump the stuff directly into my hand; that's where it's going to end up anyway." We have tacos often.

I like things well done. She likes fish still flopping and steak so rare I've seen cattle hurt worse and live.

To be fair (I'm not myself today), my dear wife's rare genes could have been inherited. I suspected this early on when, to decide if I was worthy of their daughter's hand, and accessories, the parents had invited me to Sunday dinner. When the platter of chicken finally arrived at my station and I attempted to spear a leg that had escaped the brunt of the cooking process, it shot off the platter and onto the floor.

Not being an avid reader of Amy Vanderbilt's etiquette column at that time, it was up to me to decide whether to kick it under the table and take a stab at another piece or to rescue the thing and nonchalantly pick off the dog hair as if I'd done it a dozen times before. Fortunately, the dog came rushing over in time to resolve the issue for me.

How these genes for *trichinosis heartburnosis*, as they're known in medical circles, can be transferred to one daughter and miss the other one completely is "just one of those things," as geneticists will explain for a fee.

One daughter, who looks upon the can opener as the world's greatest invention, got off on the wrong gene at age four by making her dear daddy an oyster cracker sandwich. Two slices of unbuttered bread with a dozen oyster crackers painstakingly spaced inside. And as she stood proudly by, dear Daddy had to get the thing down, praising its taste at every bite. Dear Daddy couldn't whistle for the next three days.

Today, she is the one who cooks a turkey with no curiosity for what might be stored inside, like a cellophane sack of its internal organs. She is the same one who dumped a can of cherries into a store-bought piecrust only to discover after baking that there were two crusts, separated by an unsavory sheet of waxed paper. Her mother finds no fault in her.

Our other daughter, who follows a recipe to the 1/8th spoonful and baking time to the quarter-second, is regarded as a weirdo. To those who cook by the seat of their pants, the squandering of her money on a library of cookbooks it tantamount to investing in nose flute lessons at Julliard.

My dear wife, by contrast, figures if she comes within a half hour of the

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cooking time called for, she's in the ballpark. And if one garlic clove is good, three garlic cloves should be three times as good. I'm writing to the SmithKline Beecham people to inquire if they sell Tums in bulk.

Something else that failed to cross my cluttered mind at the time I pledged alliance to my bride: when the wife goes on a diet, hubby goes on a diet right along with her. What he is served to sustain him is the same hare fare of lettuce and carrots, with a luscious hunk of raw cabbage for dessert.

When finally I noticed that my nose was beginning to twitch, I put my foot weakly down and grasped for something that would stick to my ribs. And do you know what that dear woman did? She made me a peanut butter pizza. It stuck not only to my ribs but to everything else on the way down.

Another little matter that came late to my attention: If she serves something to me that she doesn't serve to herself, I can depend upon its being at least four days old. "I just wanted to clean out a few things," is her explanation. And too often that also includes me.

After years of eating my dear wife's biscuits, I now take them for granite. You may remember me giving her a pair of safety shoes to wear in the kitchen when she is baking. Frankly, I'm trying to forget it. That's when I really put my foot in my mouth. (I could add that my foot would be tastier than some of the stuff I've eaten. But in deference to the stuff that lies ahead, I won't add it.)

Heaven knows I have watered my garden with the sweat of my brow to put the finest of foodstuff on the table. My stuff, unfortunately, doesn't arrive at the table without first going through the hands of the middlewoman. Did you ever hear of a carrot casserole? Or pickled beets so pickled they make your ears come together at first bite? How about potato salad made with yams? I'm thinking of installing a stomach pump right up there between the fire extinguisher and the smoke alarm.

Oh, I know her rebuttal. How about the time you soaked beet seed in cider to give the beets an apple flavor? Or how about your planting potatoes on a hill so they'd roll into your basket when you cut off the bottom of the row? And how about the stuff you bring in that wouldn't make hog swill? (I wish she'd rebut that sometime so I could come back with, "You oughta know, you've made enough of it.")

Okay, so maybe my vegetables don't come up to State Fair quality. Am I at fault for being tender-hearted? I just can't bring myself to thin those little fellers that have worked so hard to push through our billiard ball clay soil. With two tiny radishes competing for the same spot, who am I to say this one lives, this one dies? One hour of making decisions like this can put a man on the couch for the rest of the day.

And is there anything more moving than two little carrots twined about each other? What difference does the eventual shape make? That's my closing argument—they're still 100 percent carrot.

My dear wife and I made up recently on our patio love seat, so called, while the sweat of my brow dried in the afternoon sun. In that subtle way she has of letting me know that I am right and she is wrong, she came out with a box of cones and a half-gallon carton of frozen yogurt.

"It's black cherry, your favorite," she said.

As usual, I allowed her to make a black cherry frozen yogurt cone. But as I was eating the last of it, what I took to be a black cherry turned out to be a June bug.

With a great restraint, I said, "I'd much rather it had been a black cherry."

"I don't know how that got in there," she cracked. "But just like the yam salad, you didn't eat enough to judge."

The love seat has been vacant ever since.

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The American Illustrators Hall of Fame

PICTURE PERFECT

Saluting the life and art of
Post *cover illustrator Richard 'Dick' Sargent.*

by Steven C. Pettinga

Great illustration requires artistic talent and a keen understanding of human nature. Richard "Dick" Sargent, *Post* cover illustrator of the 1950s and '60s, had both. Like Norman Rockwell, Stevan Dohanos, and Constantin Alajalov, Sargent was a master of the humorous situation. His covers delighted *Post* readers, who saw their daily lives reflected in his work.

Sargent depicted life, warts and all, but he also showed how special it could be. The fodder for his funniest covers came from his family, whose idiosyncracies reassured millions of other baby boom families that imperfection in family life is normal. His message—just don't take life too seriously.

Every congregation has a few singers enthusiastic enough to shake the rafters, and Red appears to be mighty impressed in his first encounter with one. While nearby singers struggle to keep their voices reasonably in control, you can bet that a few share in this young lad's astonishment.

Unlike Rockwell, whose outcomes usually can be guessed, Sargent was a master of the pregnant situation, and he liked to leave his readers curious about the outcome. His 1962 cover of a doctor on housecall vs. loyal dog on duty is a perfect example. A young boy is ill and grimaces in bed as a doctor prepares to administer a shot. However, the doctor hesitates, warily looking over his shoulder at a large sheepdog directly behind him, seeming to wonder whether the cure might be worse than the illness. We never know whether the dog chased him out of the house when his master yelps or if it was simply waiting for a treat to come out of the bag.

If Sargent hadn't been an artist, he could have been an anthropologist or a psychologist. He was fascinated by

Impressed with this artist's interpretation of a scenic view of Paris, our seasoned traveler saves a few francs by choosing a photograph instead of his canvas and oils rendering. After studying several similiar angles, our shutterbug concludes that the painter occupies the only perfect view of the area. "*Pardonez-moi, s'il vous plaît*, but you're in my way."

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The Saturday Evening
POST
July 11, 1959 — 15¢

The Disgrace of Civil Defense

By SENATOR YOUNG OF OHIO

SUSAN HAYWARD

Hoffa Leaves a Baffling Trail

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The Saturday Evening
POST
October 17, 1959 · 15¢

What's Happening to the Family Doctor

My Father F.D.R.
By JAMES ROOSEVELT

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the dynamics of interpersonal relationships. With his multipanel covers, he keenly analyzed the complex relationship between husbands and wives, parents and children, and bosses and employees. He seemed to hope the human condition would improve if only we understood each other better.

Child psychology was another specialty of Sargent's. His covers often asked, "Why do children do what they do?" only to conclude, "expect the unexpected." After all, if we fully understood children, would they be so fascinating?

The red-haired boy in many Sargent covers was based on Sargent's son, Anthony. Anthony wasn't perfect, and he wasn't portrayed that way. Dad seemed to revel in his son's mischievous streak. Occasionally, he would show the boy's softer side—buying mom a Mother's Day card, for example—but he resisted portraying children as being too precious.

Sargent's wife, Helen, also influenced his work. He once credited his success to her encouragement and guidance.

Economy of line and absence of detail were hallmarks of Sargent's style, which fell squarely between Rockwell's realism and the school of cartooning. Generally, his backgrounds were simple, and he wasn't particular about shading and shadowing. However, you could read his characters' faces and know their thoughts and feelings. He could convey many subtle emotional expressions that others couldn't.

This is remarkable, considering Sargent had no early interest in art and minimal training. After graduating from a Moline, Ill., high school, he took his first job at a local printing plant. He worked in the engraving department, transferring original art onto printing plates. Soon he became interested in creating his own art. He enrolled at the Moline School of Art and found employment at an advertising agency. During the next 20 years, with additional training at Washington, D.C.'s Corcoran Gallery of Art, he became a successful freelance illustrator.

The first of Sargent's 47 *Post* covers appeared in 1951. He also sold illustrations to *Fortune*, *Woman's Day*, and *American* magazine, among others. When Sargent wasn't working, he could be found golfing or sailing. He also enjoyed woodworking and watercolors. His favorite watercolor subjects were golfers and golf courses.

In the late 1960s, Sargent moved to the Andalusia region of Spain to paint and relax. He died there in 1978 at age 67.

Dick Sargent's art left us with funny memories and good moral lessons, should we wish to heed them. His ability to laugh at his own tribulations helps us laugh at our own. He also gave us hope that we might learn from our mistakes and compensate for our shortcomings.

What's so great about putting a football in the end zone when you can shoot for the moon? Brawn loses out to brains in the continuing saga of the big-man-on-campus battle. To the victor go the spoils (both of them, for now at least).

One should never underestimate the power and attraction of a child's imagination. Bells and whistles sure caught Dad's eye, but they can't keep this budding engineer humming. Why settle for the route well traveled when the great wide open is within your grasp?

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MY KINGDOM FOR JONES

by Wilbur Schramm

Illustrated by Girard Goodenow

The first day Jones played third base for Brooklyn was like the day Galileo turned his telescope on the planets or Columbus sailed back to Spain. First, people said it couldn't be true; then they said things will never be the same.

Timothy McGuire, of the *Brooklyn Eagle*, told me how he felt the first time he saw Jones. He said that if a bird had stepped out of a cuckoo clock that day and asked him what time it was, he wouldn't have been surprised enough to blink an Irish eye. And still he knew that the whole future of baseball hung that day by a cotton thread.

Don't ask Judge Kenesaw Mountain Landis about this. He has never yet admitted publicly that Jones ever played for Brooklyn. He has good reason not to. But ask an old-time sports writer. Ask Tim McGuire.

It happened so long ago it was even before Mr. Roosevelt became President. It was a lazy Georgia spring afternoon, the first time McGuire and I saw Jones. There was a light-footed little breeze and just enough haze to keep the sun from burning. The air was full of fresh-cut grass, wisteria, fruit blossoms, and the ping of baseballs on well-oiled mitts. Everyone in Georgia knows that the only sensible

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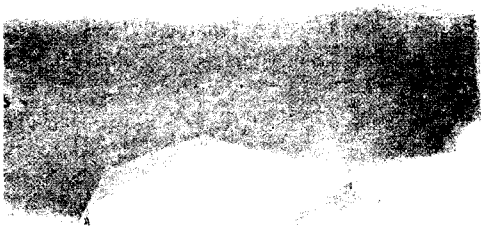
thing to do on an afternoon like that is sleep. If you can't do that, if you are a baseball writer down from New York to cover Brooklyn's spring-training camp, you can stretch out on the grass and raise yourself every hour or so on one elbow to steal a glance at fielding practice. That was what we were doing—meanwhile amusing ourselves halfheartedly with a game involving small cubes and numbers—when we first saw Jones.

The horse picked up a bat and cantered out to the plate. "Pinch-hitting for Batch," announced the umpire dreamily, "this horse."



The *Times* wasn't there. Even in those days they were keeping their sports staff at home to study for Information Please. But four of us were down from the New York papers—the *World*, the *Herald*, Tim, and I. I can even remember what we were talking about.

I was asking the *World*, "How do they look to you?"

"Pitchers and no punch," the *World* said. "No big bats. No great fielders. No Honus Wagner. No Hal Chase. No Ty Cobb."

"No Tinker to Evers to Chance," said the *Herald*. "Seven come to Susy," he added soothingly, blowing on his hands.

"What's your angle today?" the *World* asked Tim.

Tim doesn't remember exactly how he answered. To the best of my knowledge, he merely said, "Ulk." It occurred to me that the *Brooklyn Eagle* was usually more eloquent than that, but the Southern weather must have slowed up my reaction.

The *World* said, "What?"

"There's a sorsh," Tim said in a weak, strangled sort of voice— "a horse . . . on third . . . base."

"Why don't they chase it off?" said the *Herald* impatiently. "Your dice."

"They don't . . . want to," Tim said in that funny voice.

I glanced up at Tim then. Now Tim, as you probably remember, was built from the same blueprints as a truck, with a magnificent red nose for a headlight. But when I looked at him, all the color was draining out of that nose slowly, from top to bottom, like turning off a gas mantle. I should estimate Tim was, at the moment, the whitest McGuire in four generations.

Then I looked over my shoulder to see where Tim was staring. He was the only one of us facing the ball diamond. I looked for some time. Then I tapped the *World* on the back.

"Pardon me," I asked politely, "do you notice anything unusual?"

"If you refer to my luck," said the *World*, "it's the same pitiful kind I've had since Christmas."

"Look at the infield," I suggested.

"Hey," said the *Herald*, "if you don't want the dice, give them to me."

"I know this can't be true," mused the *World*, "but I could swear I see a horse on third base."

Now at last it can be told—the truly wonderful story of the equally wonderful horse that played third base for Brooklyn.

The *Herald* climbed to his feet with some effort. He was built in the days when there was no shortage of materials.

"If the only way to get you guys to put your minds on this game is to chase that horse off the field," he said testily, "I'll do it myself."

He started toward the infield, rubbed his eyes, and fainted dead away.

"I had the queerest dream," he said, when we revived him. "I dreamed there was a horse playing third base. My God!" he shouted, glancing toward the diamond. "I'm still asleep!"

That is, word for word, what happened the first day Jones played third base for Brooklyn. Ask McGuire.

When we felt able, we hunted up the Brooklyn manager, who was a chunky, red-haired individual with a whisper like a foghorn. A foghorn with a Brooklyn accent. His name was Pop O'Donnell.

"I see you've noticed," Pop boomed defensively.

"What do you mean," the *Herald* said severely, "by not notifying us you had a horse playing third base?"

"I didn't guess you'd believe it," Pop said.

Pop was still a little bewildered himself. He said the horse had wandered on the field that morning during practice. Someone tried to chase it off by hitting a baseball toward it. The horse calmly opened its mouth and caught the ball. Nothing could be neater.

While they were still marveling over that, the horse galloped 30 yards

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While they were still marveling, the horse galloped 30 yards and took a ball almost out of the hands of an outfielder.

and took a ball almost out of the hands of an outfielder who was poised for the catch. They said Willie Keeler couldn't have done it better. So they spent an hour hitting fungo flies—or, as some wit called them, horse flies—to the horse. Short ones, long ones, high ones, grass cutters, line drivers—it made no difference; the animal covered Dixie like the dew.

They tried the horse at second and short, but he was a little slow on the pivot when compared with men like Napoleon Lajoie. Then they tried him at third base and knew that was the right, the inevitable, place. He was a great wall of China. He was a flash of brown lightning. In fact, he covered half the shortstop's territory and two-thirds of left field, and even came behind the plate to help the catcher with foul tips. The catcher got pretty sore about it. He said that anybody who was going to steal his easy putouts would have to wear an umpire's uniform like the other thieves.

"Can he hit?" asked the *World*.

"See for yourself," Pop O'Donnell invited.

The Superbas—they hadn't begun calling them the Dodgers yet—were just starting batting practice. Nap Rucker was tossing them in with that beautiful, smooth motion of his, and the horse was at bat. He met the first ball on the nose and smashed it into left field. He laid down a bunt that waddled like a turtle along the base line. He sizzled a liner over second like a clothesline.

"What a story!" said the *World*.

"I wonder," said the *Herald*, "I wonder how good it is."

We stared at him.

"I wouldn't say it is quite as good as the sinking of the Maine, if you mean that," said Tim.

"I wonder how many people are going to believe it," said the *Herald*.

"I'll race you to the phone," Tim said.

Tim won. He admits he had a long start. Twenty minutes later he came back, walking slowly.

"I wish to announce," he said, "that I have been insulted by my editor and am no longer connected with the *Brooklyn Eagle*. If I can prove that I am sober tomorrow, they may hire me back," he added.

"You see what I mean," said the *Herald*.

We all filed telegraph stories about the horse. We swore that every word was true. We said it was a turning point in baseball. Two of us mentioned Columbus; and one, Galileo. In return, we got advice.

THESE TROUBLED TIMES, NEWPAPERS NO SPACE FOR FICTON, EXPENSE ACCOUNT NO PROVISION DRUNKEN LEVITY, the *Herald*'s wire read. The *World* read, ACCURACY, ACCURACY, ACCURACY, followed by three exclamation points, and signed "Joseph Pulitzer." CHARGING YOUR TELEGRAM RE BROOKLYN HORSE TO YOUR SALARY, my wire said. THAT'S A HORSE ON YOU.

Have you ever thought what you would do with a purple cow if you had one? I know. You would paint it over. We had a horse that could play third base, and all we could do was sit in the middle of Georgia and cuss our editors. I blame the editors. It is their fault that for the last 30 years you have had to go to smoking rooms or Pullman cars to hear about Jones.

But I don't blame them entirely, either. My first question would have been: How on earth can a horse possibly bat and throw? That's what the editors wondered. It's hard to explain. It's something you have to see to believe—like dogfish and political conventions.

And I've got to admit that the next morning we sat around and asked one another whether we really had seen a horse playing third base. Pop O'Donnell confessed that when he woke up he said to himself, "It must be shrimp that makes me dream about horses." Then all of us went down to the park, not really knowing whether we would see a horse there or not.

We asked Pop was he going to use the horse in games.

"I don't know," he thundered musingly. "I wonder. There are many angles. I don't know," he said, pulling at his chin.

That afternoon the Cubs, the world champs, came for an exhibition game. A chap from Pennsylvania—I forget his name—played third base for Brooklyn, and the horse grazed quietly beside the dugout. Going into the eighth, the Cubs were ahead, 2-0, and Three-Finger Brown was tying Brooklyn in knots. A curve would come over, then a fast one inside, and then the drop, and the Superbas would beat the air or hit puny little rollers to the infield, which Tinker or Evers would grab up and toss like a beanbag to Frank Chance. It was sickening. But in the eighth, Maloney got on base on an error, and Jordan walked. Then Lumley went down swinging, and Lewis watched perfect ones sail past him. The horse still was grazing over by the Brooklyn dugout.

"Put in the horse!" Frank Chance yelled. The Cubs laughed themselves sick.

Pop O'Donnell looked at Chance, and then at the horse, and back at Chance, as though he had made up his

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mind about something. "Go in there, son, and get a hit," he said. "Watch out for the curve." "Coive," Pop said.

The horse picked up a bat and cantered out to the plate.

"Pinch hitting for Batch," announced the umpire dreamily, "this horse." A second later he shook himself violently. "What am I saying?" he shouted.

On the Cubs' bench, every jaw had dropped somewhere around the owner's waist. Chance jumped to his feet, his face muscles worked like a coffee grinder, but nothing came out. It was the only time in baseball history, so far as I can find out, that Frank Chance was ever without words.

When he finally pulled himself together, he argued, with a good deal of punctuation, that there was no rule saying you could play a horse in the big leagues. Pop roared quietly that there was no rule saying you couldn't, either. They stood there nose to nose, Pop firing methodically like a cannon and Chance crackling like a machine gun. Chance gave up too easily. He was probably a little stunned. He said that he was used to seeing queer things in Brooklyn anyway. Pop O'Donnell just smiled grimly.

Well, that was Jones's first game for Brooklyn. It could have been a reel out of a movie. There was that great infield—Steinfeldt, Tinker, Evers, and Chance—so precise, so much a machine that any ball hit on the ground was like an apple into a sorter. The infield was so famous that not many people remember Sheckard, Slagle, and Schulte in the outfield, but the teams of that day knew them. Behind the plate was Johnny Kling, who could rifle a ball to second like an 88 mm cannon. And on the mound stood Three-Finger Brown, whose drop faded away as though someone were pulling it back with a string.

Brown took a long time getting ready. His hand shook a little, and the first one he threw was 10 feet over Kling's head into the grandstand. Maloney and Jordan advanced to second and third. Brown threw the next one in the dirt. Then he calmed down, grooved one, and whistled a curve in around the withers.

"The glue works for you, Dobbin!" yelled Chance, feeling more like himself. Pop O'Donnell was mopping his forehead.

The next pitch came in fast, over the outside corner. The horse was waiting. He leaned into it. The ball whined all the way to the fence. Ted Williams was the only player I ever saw hit one like it. When Slagle finally got to the ball, the two runners had scored and the horse was on third. Brown's next pitch got a few yards away from Kling, and the horse stole home in a cloud of dust, all four feet flying. He got up, dusted himself off, looked at Chance, and gave a horse-laugh.

People were packed for six blocks, fighting to get into the park. The Sioux sent a young buck after their tomahawks, just in case.

If this sounds queer, remember that queerer things happen in Brooklyn every day.

"How do we write this one up?" asked the *Herald*. "We can't put just 'a horse' in the box score."

That was when the horse got his name. We named him Jones, after Jones, the caretaker who had left the gate open so he could wander onto the field. We wrote about "Horse" Jones.

Next day we all chuckled at a banner headline in one of the metropolitan papers. It read: JONES PUTS NEW KICK IN BROOKLYN.

Look in the old box scores. Jones got two hits off Rube Waddell of Philadelphia and three off Cy Young of Boston. He pounded Eddie Plank and Iron Man McGinnity and Wild Bill Donovan. He robbed Honus Wagner of a hit that would have been a double against any other third baseman in the league. On the base paths he was a bullet.

Our papers began to wire us, WHERE DOES JONES COME FROM? SEND BACKGROUND, HUMAN INTEREST, INTERVIEW. That was a harder assignment than New York knew. We decided by a gentlemen's agreement that Jones must have come from Kentucky and got his first experience in a Blue Grass league. That sounded reasonable enough. We said he

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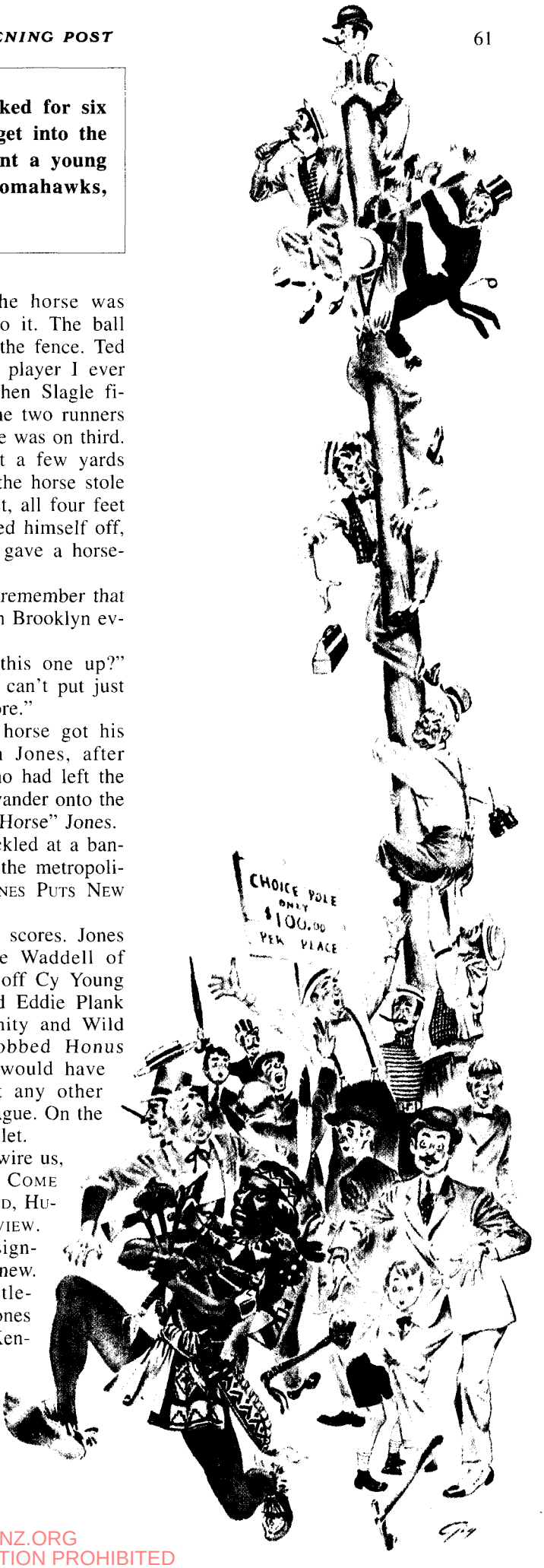

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NOW'S THE TIME TO PLANT A TULIP GARDEN

No flower heralds spring quite like the tulip.
Next year, enjoy the show in your own yard.

by Ellen Henke

The miracle of the tulip, or other spring flowering bulbs, can be found by cutting the bulb in half with a sharp knife. In the center of the bulb is the tiny embryo of the future flower, surrounded by the leaves that contain food to nurture it in your garden. It is very easy to grow a tulip; in fact, the first year it's just about foolproof.

Planning now is the important first step to creating a dazzling tulip show in your garden next spring. Bulbs planted in a straight line along a walkway will produce a disappointing single-file garden. But mass those same bulbs into a growing bouquet, and you will create a focal point for a smashing spring display.

No fewer than 12 bulbs of a single variety should be used in each grouping, and the groupings should be repeated several times in the landscape for balance and harmony. Don't skimp! If you are on a tight budget, develop a long-range plan and add new groupings to your garden each fall.

The Cut-and-Paste Method

If you find it difficult to envision what your tulip garden will look like next spring, try my "cut-and-paste" method of planting. I developed this system to show TV viewers how to plant their dream gardens.

Take a large piece of cardboard and draw your border or patio to scale. Scan catalogs and garden magazines for color schemes and combinations that intrigue you. Refer to photographs and notes that you may have made last spring about your garden.

Position your tulip displays so they can be enjoyed both indoors and out. Use them to brighten walkways and patios, trunks of deciduous trees, and special corners. Tall flowers should be at the back of the border and short flowers toward the front.

I have a special technique that produces an excellent design effect. By planting tall tulips in a triangle with

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Holland and Tulips: A Distinction without a Difference

One Dutchman reportedly traded two loads of wheat, four loads of rye, four fat oxen, eight fat swine, 12 fat sheep, two hogsheads of wine, four barrels of beer, two barrels of butter, 1,000 pounds of cheese, one suit of clothes, one silver tankard, and his bed in return for the rights to a single tulip bulb!

This occurred when fortunes in Holland were doubled and tripled almost overnight—and just as quickly lost. It was a mad frenzy called "tulipmania," and no one in the Netherlands during the 1630s was immune to its temptation.

The story of Dutch tulip bulbs really starts with Carolus Clusius, a 16th-century Flemish botanist who served as imperial gardener in Vienna, being given a collection of tulips by the Austrian ambassador to the court of Sultan Suleiman the Magnificent. The astute ambassador had obtained the tulips "for a price" when on a peace mission to Turkey. When Clusius fell out of favor with the Austrian emperor, he fled to Holland, bulbs in hand, where he dazzled his new Dutch neighbors with his treasure.

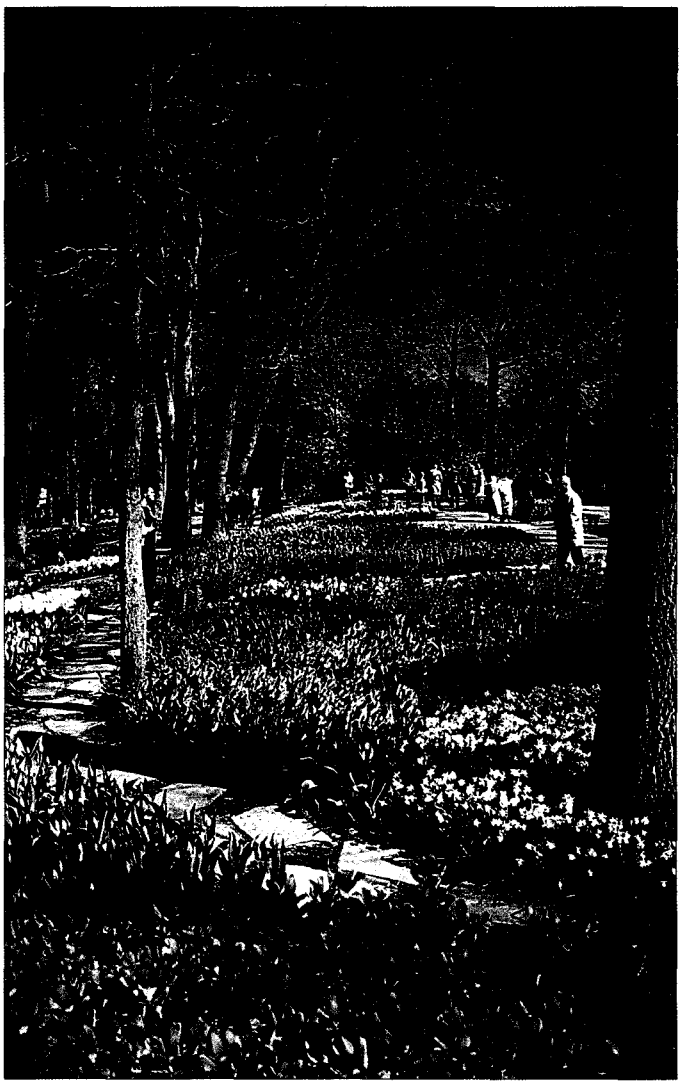
But would-be buyers were so put off by Clusius' asking price that they took to stealing his bulbs in the middle of the night. Quickly propagated, these flower bulbs were distributed throughout Holland, and the Dutch bulb business was born.

Then came the "breaks" that nearly wrecked Holland's economy. Breaks are tulips that bloom with irregularly streaked petals. Scientists didn't learn until early this century that a mosaic virus spread by aphids is responsible for these breaks. The virus inserts its own genetic code into the chromosome that controls the tulips' colors. If infected plants are not destroyed, the entire bulb field is doomed to die within a few years.

Tulipmania spread as every Dutch plot owner began growing tulips in hopes of discovering mutation. Those who could not afford a plot bought "futures" in tulips. To afford futures, many of the Dutch infected with tulipmania raised money by pawning jewels and mortgaging their houses and businesses. At the peak of the excitement, a collection of three bulbs allegedly sold for the equivalent of $30,000.

One spring day in 1637, the bulb traders panicked and began dumping bulbs on the exchange; the game was over. The market crashed, and the government restored order by forbidding further speculation. Serious growers continued to develop the industry, which today is primarily family owned and operated. Fortunately, the Dutch tulip bulb survived the aftermath of tulipmania, and the industry flourished.

Today, most of the world's tulip bulbs are cultivated in Holland (1.8 billion in 1989). Last fall, 270 million Dutch tulip bulbs were planted in the United States, making the tulip the most popular spring flowering bulb in American gardens, and, indeed, in the gardens of the world.



Holland's famed Keukenhof is the world's largest bulb garden, where landscape architects created the ultimate expression of art and science.

The Dutch have developed bulb-growing as an art and science. Holland's famed Keukenhof, the largest bulb garden in the world, is the ultimate expression of this art and science. There, Henk Koster, a landscape architect, has created a harmonious composition of color and texture with flowering bulbs each spring for 20 years.

Koster's palette consists of six to seven million tulips, daffodils, crocuses, hyacinths, and other bulbs. About 90 bulb-garden scenarios are played out within the one larger garden, and each year the stories change.

When I visited Keukenhof, the gardens were designed to show visitors the garden styles of different countries around the world. The French garden was formal with beds of bulbs displayed against symmetrically clipped hedges. The American garden, with a patio and barbecue, was designed to be lived in and featured flowers along the pathways and at the edge of the patios.

These gardens were subsequently replaced by seven theme gardens. Visitors to Keukenhof can see and experience abstract, fragrant, color, Renaissance, style, water, and border gardens.

If you go to Keukenhof, be sure to purchase the booklet that will provide you with the landscape plan and bulb names for each of the theme gardens. A visit to Keukenhof is one of the best ways to get ideas for your own spring bulb flower garden. Visits to the local public and private gardens also will give you inspiration.

—Ellen Henke

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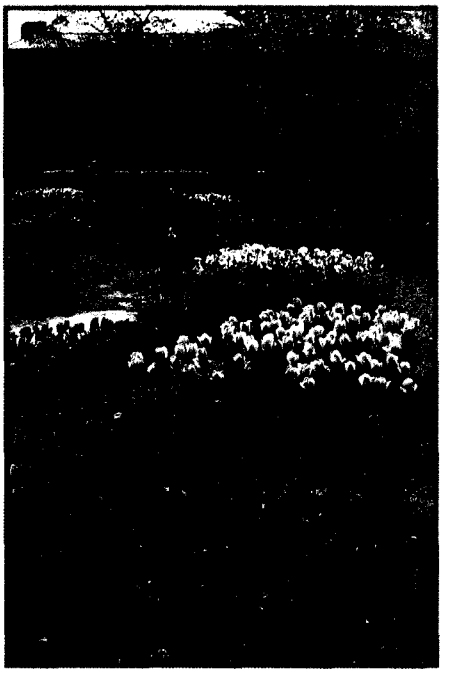
the long side at the back of the bed and the point at the front edge, I can create the illusion of movement on the flower border with drifts of color and height for an enchanting visual effect.

When you have made these basic decisions, cut tulip pictures from the catalogs and arrange them on your cardboard garden plan. Consider the full-grown height of the flower as you position tulips. Move the pieces around until you have the most pleasant arrangement. With your finished arrangement finally pasted in place, you have a graphic guide to help you in shopping for and planting tulips in the garden.

I like to think of my spring-flowering bulbs as living bouquets: pink "Elizabeth Arden" Darwin Hybrid tulips underplanted with blue forget-me-nots; pastel "Angelique" and "Apricot Beauty" tulips underplanted with antique-shade pansies; lily-flowered "White Triumphator" underplanted with white pansies for a monochromatic effect; outrageous "Orange Bouquet" single late tulips (fragrant and multiflowering) underplanted with yellow violas and blue grape hyacinths; "White Swallow" lily-flowered tulips underplanted with white pansies or pink-shade pansies.

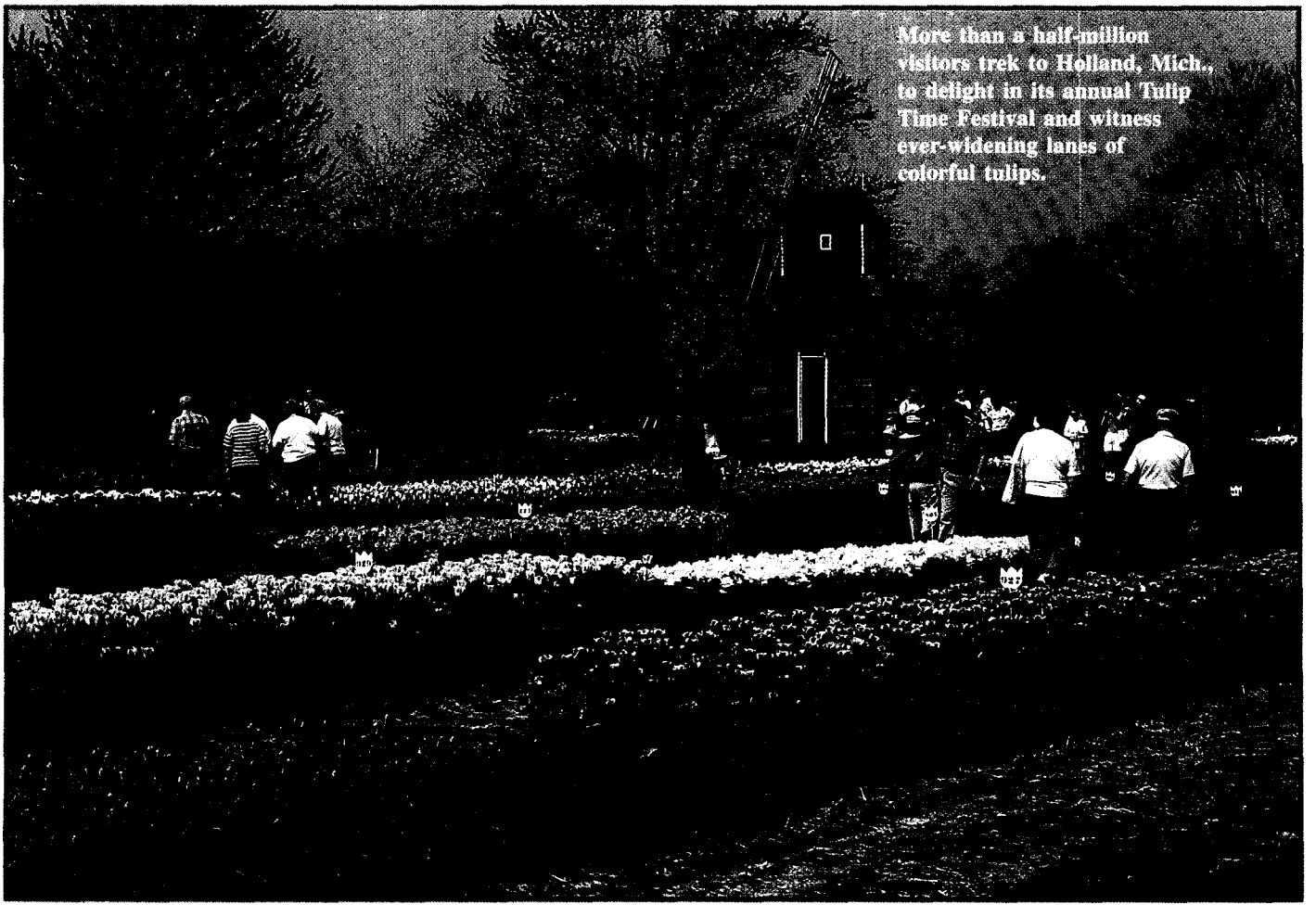


The Tulip Library, located between the Washington Monument and Jefferson Memorial in Washington, D.C., bursts into a blaze of color in late March or early April when thousands of tulips, planted in individual beds, one for each state, announce the arrival of spring.

Double-Decker Planting

For a smashing effect, try a double-decker planting of bright-red single early tulips like "Couleur Cardinal" underplanted with purple grape hyacinths and blue violas. Repeating just a touch of the tulip color in the groundcover below unites the color scheme. For example, a blue and white pansy with a yellow center is the perfect complement for a group of yellow "Sweet Harmony" tulips.

This technique of double-decker planting will allow you to create beautiful living bouquets in your garden. Large bulbs, such as tulips, are planted eight inches deep. Small bulbs, such as grape hyacinths, are planted in a layer above the tulips, about five inches deep. Experts don't always agree on the precise depth to plant flower bulbs, but generally the planting depth is determined by the diameter of the bulb. The Netherlands Flower Bulb Information Center recommends a six- to eight-inch planting



More than a half-million visitors trek to Holland, Mich., to delight in its annual Tulip Time Festival and witness ever-widening lanes of colorful tulips.

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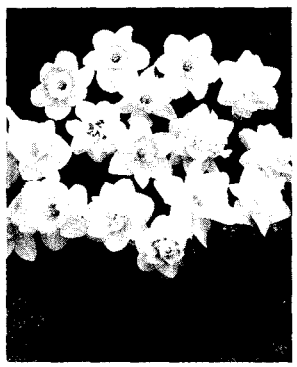
Mixed Hybrid Lilies are surprisingly hardy and dependable. They return each year, producing bigger clumps and more flowers. They're great for natuaralizing, too. 10-12 cm.

MIXED DAFFODILS



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The Plant Doctor's Tulip Planting Tips

Let "tulipmania" happen in your own garden. It's not difficult to have a really showy spring display by planning and planting now.

CONSIDER YOUR CLIMATE

- The U.S. Department of Agriculture issues a Plant Hardiness Zone Map to help gardeners estimate plant hardiness in their areas. You can find the map in most garden catalogs, gardening magazines, and even on many bulb and seed packets. Extension agents and the staffs of most garden centers and mail-order nurseries can answer questions.

MAKE A SHOPPING LIST

- Review your garden plan and make a shopping list of your first choice of varieties and how many of each are needed. Also include your preferences for color, blooming period, and height. This information can help you make appropriate substitutions, if necessary.

READ THE LABELS

- Before you buy, double check the height and blooming period. This step is particularly important for companion and double-decker planting schemes where you want different types of flower bulbs to bloom at the same time.
- Select varieties that will provide a long sequence of blooms.

CHECK THE MERCHANDISE

- Buy large, firm tulip bulbs with no deep cuts. Avoid soft or mushy bulbs; squeeze them, and look for mold and bruises.
- Don't overlook a bulb with a worn tunic. Bulbs have papery skin, like onions, that may become loose or torn. This condition does not damage the bulbs and actually may promote faster rooting after the bulb is planted.
- In warm climates, buy prechilled bulbs, or store them in the refrigerator for eight to 10 weeks before planting. (Remove any fruit from the refrigerator while the bulbs are there; the ethylene gas produced by the ripening process will cause flower abortion.)

PLANNING YOUR PLANTING

- For optimal color impact, plant tulips en masse—in garden bouquets with at least a dozen bulbs each.
- Plant during September or October in the North and Midwest, November or December in the South and West, and January in the deep South and Southwest.

PREPARING THE SITE

- Good drainage at the planting site is imperative.
- Sunlight is important, but flowers will last longer if they don't receive midday sun.
- Improve the soil by adding well-rotted compost (no manure). Fertilizer is not necessary at planting time. When shoots poke through the soil in spring, add an all-purpose fertilizer, and thoroughly water it into the soil. Fertilized tulip beds again in September; this procedure helps tulips regenerate.

DIG IN AND START

- Dig individual holes or areas large enough to hold a dozen or more bulbs for your garden bouquet. The large group planting method is easiest.
- Plant tulips eight inches deep in porous, well-drained soil. If your soil is heavy and you can't dig deeply enough, add surface mulch to make up the difference in depth. This advice is important, because deep planting encourages tulip regeneration.
- Place bulbs with the pointed tips facing up. (If you're not sure what end of the bulb is right side up, don't worry. Upside-down bulbs usually find their way up anyway!)
- If the planted bulbs don't get rain, water them until the ground freezes, then mulch with three inches of salt hay or decorative mulch. When bulbs peek through in the spring, remove salt hay or mulch. A decorative mulch can be left in place, however. The flowering bulbs also will need watering if spring showers fail to provide enough moisture.

WHEN THE BLOOM FADES

- Remove faded flowers before they go to seed, but let the foliage turn completely brown, and dry before cutting and moving it. These techniques energize the tulip bulb to produce for next season. (If you like a tidy-looking garden, bundle or tie the leaves together loosely with a rubber band while they are drying.)
- Planting annuals over the bulb bed hides the fading foliage and contributes to the aesthetics of a tulip garden.
- Instead of digging up the bulbs after flowering and replanting in the fall, it's easier to just add new bulbs to your garden bouquets each year.

—Ellen Henke

depth for tulips and a three- to five-inch planting depth for grape hyacinths; if mulch is used, the more shallow planting depths are recommended.

Instead of small bulbs, create your second layer of color or underplanting with a bed of cool season annuals planted over the bulb bed. Good selections are pansies, English daisies, forget-me-nots, or wallflowers. In warm regions, these annuals can be planted at tulip planting time in the fall; in cold regions, wait until the weather moderates in the spring.

The tulip flowers will grow up through the annuals or small bulb flowers for a glorious show. You can even plant small bulbs and annuals over the tulips for a triple-decker display. The final effect can be as subtle or as dramatic as your style permits. As a bonus, the underplantings will help camouflage the fading bulb foliage.

Other Considerations

Select tulip colors compatible with the rest of your spring garden. I also consider color combinations for indoor arrangements when I am planning my tulip garden. If a combination doesn't work to my satisfaction, I simply cut the flowers for indoor arrangements and make a note not to plant the same combination next year.

Repeat your garden bouquet groupings at least three times in a small garden and more often (budget permitting) in a larger garden. Odd numbers of "bouquets" are more pleasing to the eye than even numbers.

In cold climates, you can extend the blooming period several weeks by choosing tulips that flower at different times. For example, you can plant for an early brilliant display of red and yellow followed by a mid- or late-season presentation of pastel pinks, corals, lavenders, and creams. In warm climates, it is difficult to achieve more than one peak display because the best varieties from those climates all bloom at the same time, usually in mid-April to early May.

The first to appear are the low-growing special tulips in March, followed by somewhat taller, early-flowering varieties with single and double blooms, such as the fragrant single orange "Princess Irene" and the double "Peach Blossom." The Triumph tulips, like "Apricot Beauty," bloom in mid-April. The Darwin Hybrids, including "Gordon Cooper" and "Gold-

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en Apeldoorn," bloom at about the same time as the Triumph tulips.

By the end of April, the tall, single late-blooming tulips (the Cottage and Darwin tulips) will start to arrive along with the lily, peony, and parrot tulips, with their fascinating petal shapes. These later varieties provide garden color through most of May. They do well in all regions of the U.S. and are the only tulips that I can recommend for dependability in warm regions.

I have had success with a few species of tulips and a few Darwin Hybrids and Triumphs in my warm-climate California garden, and I will continue to experiment with them. But if I am planning a tulip display for photography or a garden party, I rely on the late-blooming types.

Buying Your Bulbs

Now is the time to buy tulip bulbs. Make your purchases early in the season for the best selections. The most desirable varieties are the first to be sold out. Allow enough time for delivery (and a cooling period if you are planting in a warm climate). Purchase tulip bulbs from a reputable mail-order company or nursery. This choice is critical. If the bulb is not large enough, or if it has been stored at a warm temperature, it will not bloom in the spring.

Choose only firm, plump, large bulbs. Be aware that the size of the tulip bulb depends on the variety; be sure to get the largest size for the variety. You want bulbs without deep scars, but small nicks and loose paperlike coverings (tunics) are acceptable.

In fact, recent research indicates that rooting is better if the tunic is broken and loose at the bulb's base. This information is particularly important for gardeners in warm climates, where the time for rooting is short. If the bulb tunic is not broken, I break it myself to encourage rooting.

Remember to take a label with the color, size, and flowering time for each tulip variety you purchase. Without this information, it will be chaos when you plant. I label all my garden bouquets with a permanent metal marker at planting time. I have had good luck with tulips "perennializing" in my garden, which has made the investment in a permanent label worthwhile. (Not all of my tulips repeat bloom, and those that do are generally smaller in subsequent years than they were the first year. Nevertheless, I do appreciate their reappearance.)

Store bulbs in a cool, dry place (50-60° F) until planting time. In warm-weather climates, bulbs must be subjected to a eight- to ten-week chilling period before planting. If you use the family refrigerator to chill your bulbs, remove all fruit for the duration. Ripening fruit gives off ethylene gas, which inhibits blooming of the flower bulbs.

The soil should be cool when you plant bulbs because they need a sustained dormant period of cold temperatures to stimulate root development. In general, the colder your climate, the earlier you plant the bulbs. In colder northern regions, for example, plant in late September or October. Just be sure to get the bulbs in the ground before it is frozen. In warmer climates, you may even need to wait until December or January to plant. Check with a local expert (friend, neighbor, extension agent, or garden center) to determine the best planting dates and varieties for your region.

Ellen Henke, Ph.D., America's plant doctor, is a botanist, landscape designer, and television personality who gardens in Saratoga, Calif.

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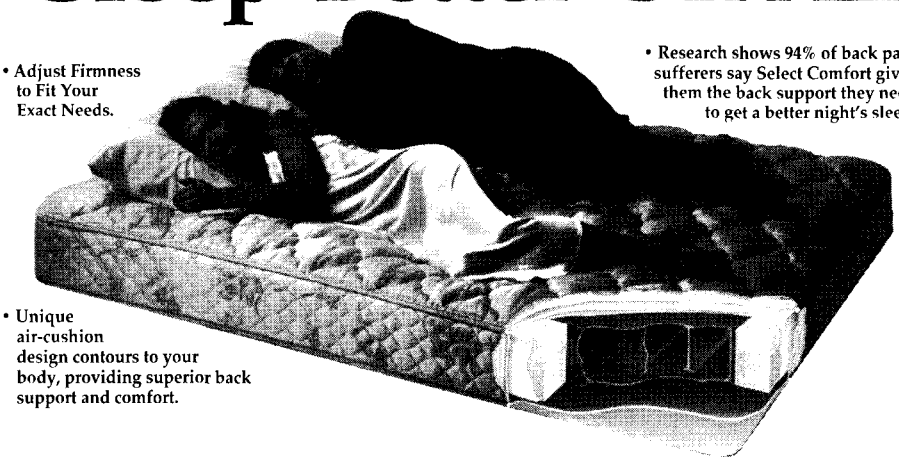
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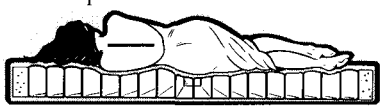
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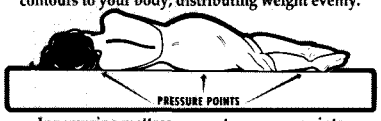

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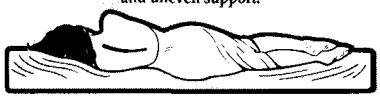
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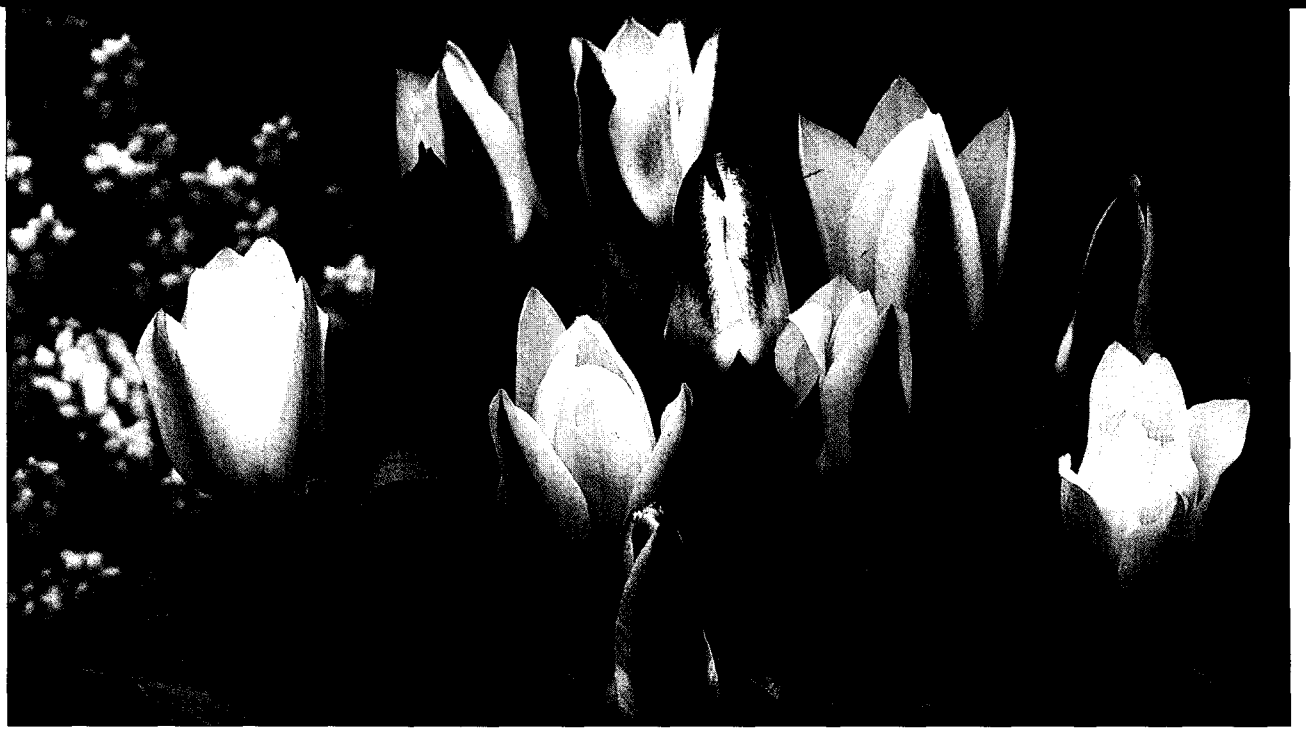

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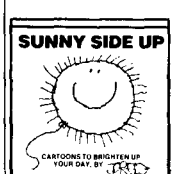

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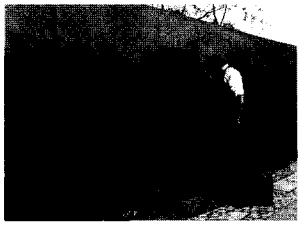

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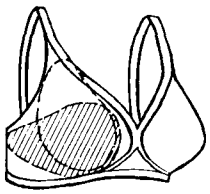

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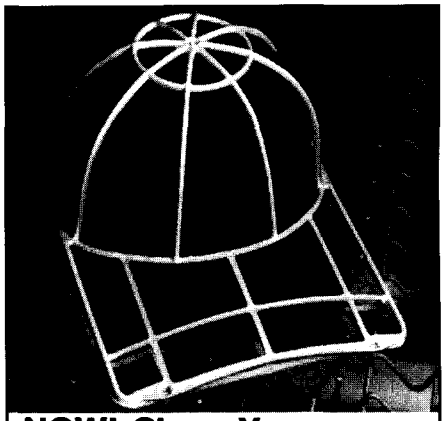

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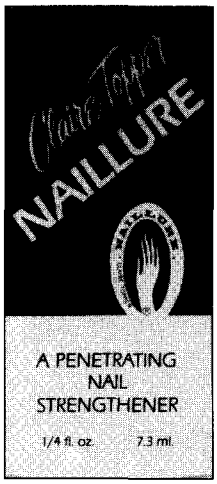

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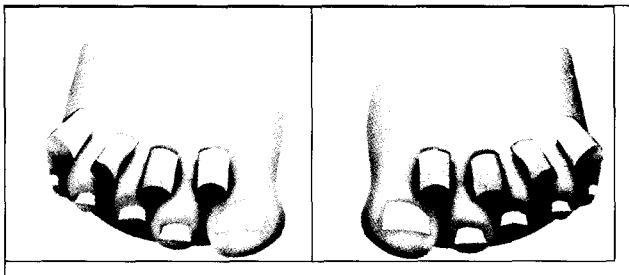

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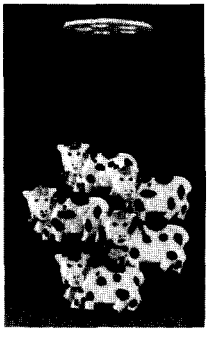

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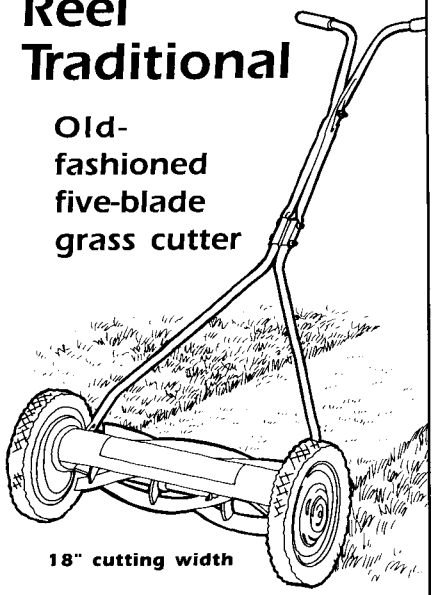

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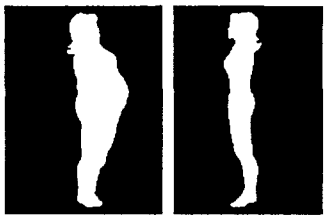

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My Kingdom for Jones

continued from page 61

was long-faced, long-legged, dark, a vegetarian, and a nonsmoker. That was true. We said he was a horse for work and ate like a horse. That was self-evident. Interviewing was a little harder.

Poor Pop O'Donnell for 10 years had wanted a third baseman who could hit hard enough to dent a cream puff. Now that he had one, he wasn't quite sure what to do with it. Purple-cow trouble. "Poiple," Pop would have said.

One of his first worries was paying for Jones. A strapping big farmer appeared at the clubhouse, saying he wanted either his horse or $50,000.

Pop excused himself, checked the team's bank balance, then came back.

"What color is your horse?" he asked.

The farmer thought a minute. "Dapple gray," he said.

"Good afternoon, my man," Pop boomed unctuously, holding open the door. "That's a horse of another color." Jones was brown.

There were some audience incidents, too. Jonathan Daniels of Raleigh, N.C., told me that as a small boy that season he saw a whole row of elderly ladies bustle into their box seats, take one look toward third base, look questioningly at one another, twitter about the sun being hot, and walk out. Georgia police records show at least five people, cold sober, came to the ballpark and were afraid to drive their own cars home. The American medical journals of that year discovered a new psychoneurosis that they said was doubtless caused by a feeling of insecurity resulting from the replacement of the horse by the horseless carriage. It usually took the form of hallucination—the sensation of seeing a horse sitting in a baseball players' bench. Perhaps that was the reason a famous pitcher, who shall here go nameless, came to town with his team, took one incredulous look at the Brooklyn fielding practice, and went to his manager, offering to pay a fine.

But the real trouble was about whether horses should be allowed to play baseball. After the first shock, teams were generally amused at the idea of playing against a horse. But after Jones had batted their star pitchers out of the box, they said the Humane Society ought to protect the poor Brooklyn horse.

The storm that brewed in the South that spring was like nothing except the storm that gathered in 1860. Every hotel that housed baseball players housed a potential civil war. The better orators argued that the right to play baseball should not be separated from the right to vote or the responsibility of fighting for one's country. The more practical ones said a few more horses like Jones and they wouldn't have any jobs left. Still others said that this was probably just another bureaucratic trick on the part of the administration.

Even the Brooklyn players protested. A committee of them came to see ol' Pop O'Donnell. They said wasn't baseball a game for human beings? Pop said he had always had doubts as to whether some major-league players were human or not. They said touché, and this is all right so long as it is a one-horse business, so to speak. But if it goes on, before long won't a man have to grow two more legs and a tail before he can get in? They asked Pop how he would like to manage the Brooklyn Percherons, instead of the Brooklyn Superbas? They said, what would happen to baseball if it became a game for animals—say giraffes on one team, trained seals on a second, and monkeys on a third? They pointed out that monkeys had already got a foot in the door by being used to dodge baseballs in carnivals. How would Pop like to manage a team of monkeys called the Brooklyn Dodgers, they asked.

Pop said heaven help anyone who has to manage a team called the Brooklyn Dodgers. Then he pointed out that Brooklyn hadn't lost an exhibition game and that the horse was leading the league in batting with a solid .516. He asked whether they would rather have a World Series or a two-legged third baseman. They went on muttering.

But his chief worry was Jones himself.

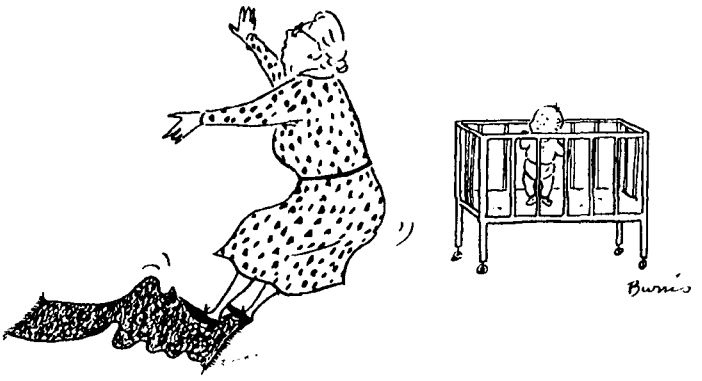
"That horse hasn't got his mind on the game," he told us one night on the hotel veranda.

"Ah, Pop, it's just horseplay," said the *World*, winking.

"Nope, he hasn't got his heart in it," said Pop, his voice echoing lightly off the distant mountains. "He comes just in time for practice and runs the minute it's over. There's something on that horse's mind."

We laughed but had to admit that Jones was about the saddest horse we had ever seen. His eyes were just brown pools of liquid sorrow. His ears drooped. And still he hit well over .500 and covered third

continued on page 87



You Be the Judge

by José Schorr

Old Mrs. Peabody, the Browns' regular babysitter, slipped on a rug on a freshly waxed floor in the Brown home and injured herself. She later sued the Browns for negligence.

"They never before slicked up their floors like that," Mrs. Peabody contended, "so they should have warned me to watch my step. Their failure to warn me constitutes negligence."

"What's so wrong about waxing the floors?" the Browns replied. "Why should we pay damages for doing what everyone else does? We're sorry Mrs. Peabody got hurt, but she should have watched her step."

If you were the judge, would you award damages to Mrs. Peabody?

Mrs. Peabody lost. The court ruled that waxing floors is so commonplace that no warnings should be required of anyone.

Based upon a 1958 Ohio decision.

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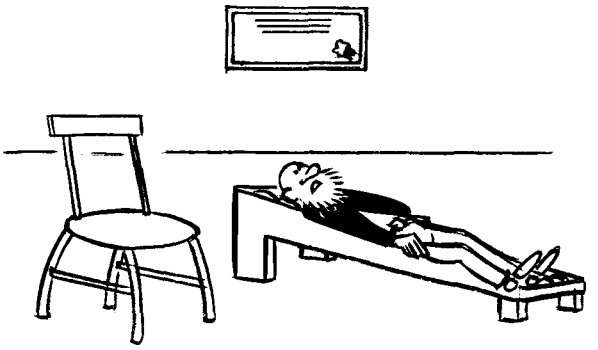
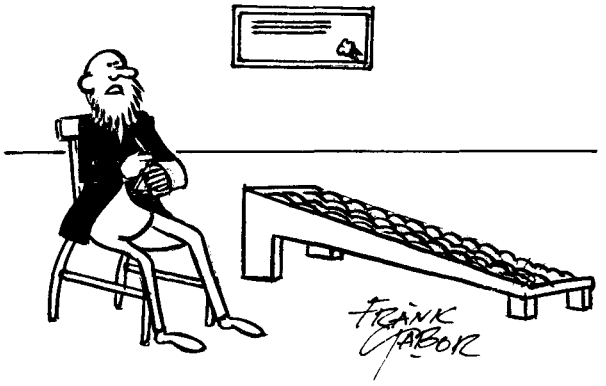


"Doctor, I'm suffering from multiple personalities."



"I'll be the judge of that."

"You say you were helping your husband move furniture and it just 'locked'?"

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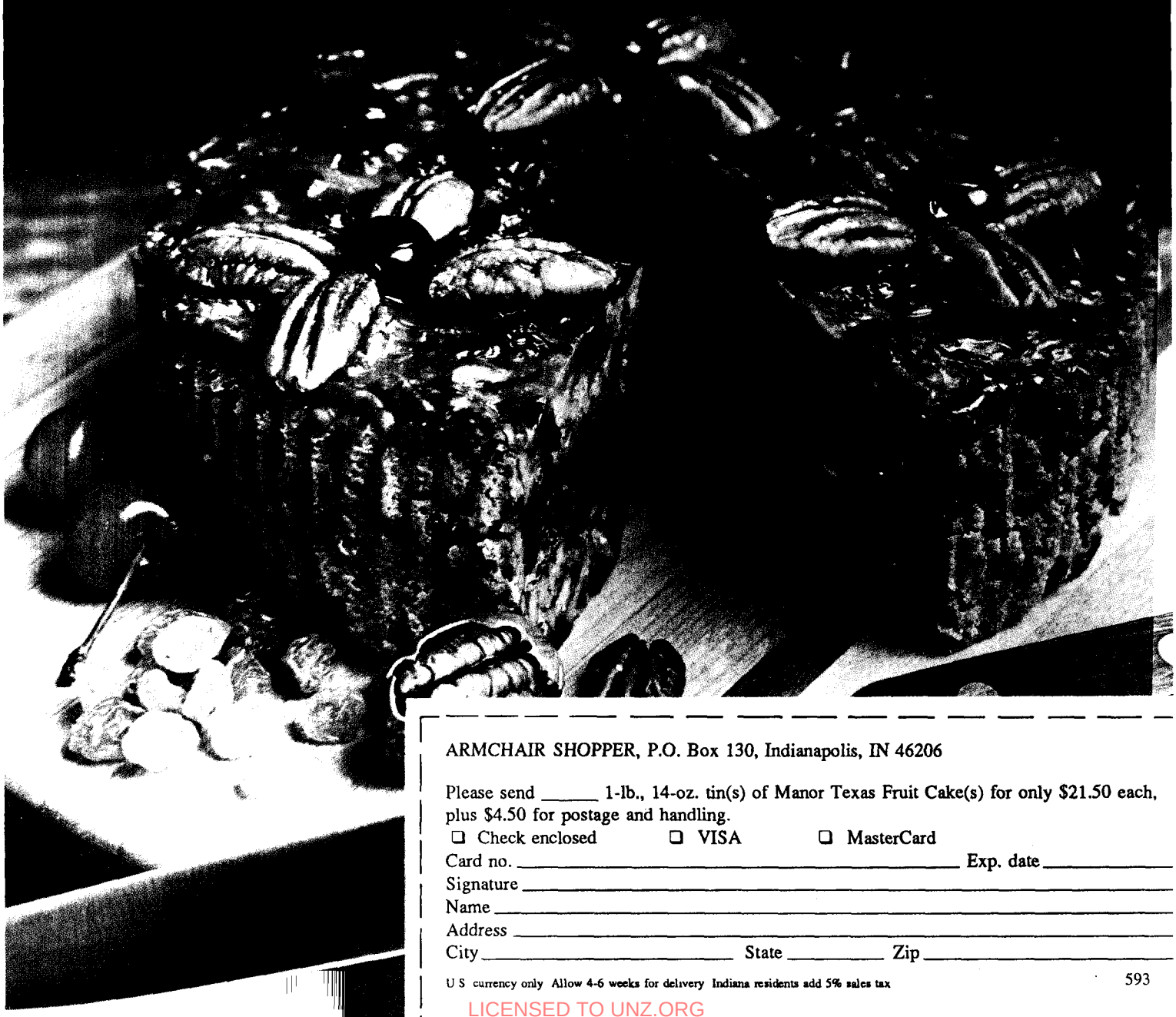

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NORWAY SHAPES UP FOR THE OLYMPICS

Athletes aren't the only ones training for the Winter Games at Lillehammer. The host country is four years into a national fitness campaign that has exercise on everyone's mind.

by Holly G. Miller

The mayor of Trysil, a former cross-country ski champ, leads 210 "skiers" on a dry run across town. The event was part of a full week of fitness activities in May.

Long after the snow melted last spring, 210 residents of Trysil, Norway, clamped on a single pair of skis and trekked two miles across the city they boast is "the fittest in the country." The skis—558 feet long—were specially crafted at the local saw mill, and the skiers—ages nine to 78—managed to go the distance in less than an hour. A drummer set the pace, the mayor led the way, and the whole town cheered them on. After the walk was history, the skis were cut into memento-sized strips and distributed among participants. The recipients reacted as if each had earned an Olympic gold medal.

"When it comes to fitness, we want to be one stick (ski pole) ahead of the rest of the country," says Roar Vingelsgaard, organizer of Trysil's ski trek and the week of sporting events leading up to it. "Our goal is for everyone to walk, run, or cycle 15 kilometers (9.3 miles). We don't look for winners; we just ask for participation." And he gets it. This year, 75 percent of the town's 7,000 residents joined in the fun.

Motivated by the Winter Olympics—to begin Feb. 12 on the slopes of picturesque Lillehammer—Norway is a nation in training. The vision: "We want to become the most active and healthy population in the world," says Tommy Gullord, one of several movers and shapers of a four-year campaign called "A Nation in Shape for the Olympics."

The idea for the national fitness program surfaced after a 1988 study revealed only half of Norway's 4 million people exercise regularly. Gullord and his colleagues decided the Winter Games, with their focus on fitness, might provide the perfect incentive for people to shape up. By the time the Olympic torch is carried by relay team across Norway's 19 counties and up to Lillehammer's Lysgardbakkene Ski Jumping Arena next year, campaign planners hope three-fourths of the population will be exercising two or three times a week. Besides providing obvious health benefits to participants, the shape-up campaign is designed to boost awareness and support for the Olympics and promote a spirit of unity throughout the country.

"This way the Games are an event for the whole population," Gullord says. "Everybody is involved; everybody is preparing."

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Among the positive spin-off activities of Norway's Winter Games is the Norwegian version of America's Special Olympics. Handicapped children and adults compete in a variety of events, and everyone goes home with a medal.

Just in Case

If you're planning a trip to Norway: Avoid time-consuming layovers by taking the daily direct flight from Newark, NJ, to Oslo on SAS Airlines (1-800-221-2350). Oslo—a compact, visitor-friendly city of 450,000—is 20 minutes from Fornebu Airport and can be reached quickly and cheaply by bus (about $4.50). Getting around Norway is easy, thanks to punctual trains and cordial people who genuinely like Americans. Olympic venues are within two hours of Oslo Central Station, and trains will leave every 10 minutes during the Games. Language is not a problem because most Norwegians have studied English since age 11 and are fans of CNN and MTV. *Tip:* Pack casual and be prepared for l-o-n-g, cool evenings. For more information, contact the Norwegian Tourist Board, 655 Third Ave., NY, NY 10017 or call (212) 949-2333.

Norway hasn't hosted the Olympics in more than 40 years, and few Norwegians expected to beat out big brother, Sweden, for the honor in 1994. The first reaction from Lillehammer was excitement, said Liv Hukset of the Olympic Development Association. Then reality set in. "People asked, 'Oh, my goodness, what have we done?' " she recalls. Concerns elevated when executives carrying briefcases stuffed with blueprints began descending on the small town of 23,000. There were roads to re-route, ski jumps to erect, a media center to construct, and dormitories to outfit.

"We've seen a lot of changes in a short while," says marketing consultant Gry Kristin Jorstad, who jokes she sometimes gets lost in her own hometown. But she emphasizes that construction has been top quality; care has been taken to blend the new facilities with the environment. Also, structures such as an art museum and culture center have been unexpected bonuses that the city will enjoy long after the 1,800 athletes and 100,000 daily spectators move on and the flame is carried to Atlanta, site of the '96 Summer Games.

Most Norwegians share Jorstad's enthusiasm. They see the Olympics as an opportunity, replete with 16 days in the international spotlight.

The Lysgardbakkene ski jumping arena will be the site of the opening ceremonies. It seats 47,500 and has already hosted the World Cup ski jumping and Nordic combined competition this year.

"The Olympics aren't a goal, but a way of reaching a goal," Hukset explains. With more than 7,000 journalists set to record the events and half the world's population equipped to watch the action, Norway will have ample opportunity to showcase its country, share its traditions, promote its healthy lifestyle, introduce its physically fit people, and, finally, nudge the rest of the world to come up and visit sometime. Tourism should boom. As Prime Minister Gro Harlem Brundtland said shortly after Lillehammer earned the honor of hosting the event: "Norwegians introduced winter sports to Central Europe, the Norwegian emigrants brought them to North America. Now we're inviting the world back to the cradle of skiing."

Those who accept Brundtland's invitation won't be disappointed.

Just as the Games have initiated new interest in physical fitness, so have they rekindled appreciation for all things Norwegian. History is recalled via official Olympic mascots Kristin and Hakon, colorful figures that date back to the 13th century. Ski sweaters that feature traditional Scandinavian designs are in year-round demand, and many women are reviving the painstaking art of

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producing their own. Then there's the renaissance of Norwegian foods. Close to Lillehammer's main thoroughfare is the Olympic Pantry ("Det Olympiske Spiskammer"), a restaurant inspired by the country's great culinary traditions. Nutritionist Torunn Linneberg proposed the pantry as a way to promote old-fashioned dishes and allow skilled chefs to pass along traditional cuisine to a generation that has grown out of touch.

"The trend has been toward Tex-Mex, Italian, French, and fast foods," says Linneberg. "People wondered if Norwegian foods would 'sell.' We opened the pantry in May 1992, and our income has doubled 20 times since then." The menu changes monthly to reflect foods of various regions. All ingredients are fresh, and mainstays include Norwegian brown cheese (Ski-Queen), cloudberries, salmon, and pike.

"The pantry is a central idea to our food tradition," Linneberg explains. "The cold climate made it essential to preserve food by smoking, curing, and salting fish and meat. Throughout the centuries, these methods were well known in Norwegian kitchens. We expect a renaissance for them today because they are all natural methods that allow preserving without use of artificial additives." An all-Norwegian cookbook is one of the many spin-off products the Lillehammer Olympics will produce.

If the Games have sparked new interest in sports and nutrition among the population, they also will leave behind a range of first-class facilities to encourage continued involvement in health and fitness. The Hamar Olympic Hall, site of the speed-skating competition, will be cared for by the Hamar Fire Brigade and used for soccer, curling, and indoor cross-country skiing. The Lillehammer Olympic Alpine Centre will host future downhill ski events. Hakon Hall, used during the Games for ice hockey, will be turned into a multi-purpose facility for squash, bowling, and shooting. The Birkebeineren Ski Stadium will be the site of biathlon, dog-sledding, and orienteering events.

"We hope the emphasis on fitness will continue long after 1994," says Tommy Gullord, consultant to the national shape-up campaign.

In planning their really big show, Norwegians seem to have thought of everything. Even snow. Of course, the worst scenario for any Winter Games host country would be an absence of the white stuff. But not to worry. On Feb. 12, 1993—exactly one year before Lillehammer's opening ceremonies—the city was blanketed with just the right amount of fluffy precipitation. "Surely a good omen," agreed knowledgeable townsfolk. More recently, a self-proclaimed weather forecaster from nearby Elverum went foraging in the woods and emerged with a twig of local bush, heavily laden with red berries. As every Norwegian knows, an abundance of these particular berries assures an upcoming abundance of snow.

But for skeptics in need of a back-up plan: Olympic overseers have mobilized area trains with empty boxcars ready to head north where surplus snowdrifts abound. And then there are the snow-making machines. . . .

Follow the Leader

When famed Norwegian marathoner Grete Waitz hosted her first 5K run for women 10 years ago in Oslo, more than 3,000 runners turned out to follow their leader through the city's winding streets. This year, entries in the now-annual Grete Waitz Run topped 40,000 and had to be closed two months before the event. Waitz estimates 99 percent of the participants are Norwegians, and the majority choose to run comfortably for fitness rather than competitively for honors.

It's a small wonder that Waitz—1984 Olympic medalist, winner of nine New York City marathons, member of the Norwegian Olympic Committee, and *Runner's World* "female runner of the quarter century"—serves as spokeswoman and consultant for the country's four-year campaign to get in shape for the Olympics.

Norway's Grete Waitz is a marathoner with a mission. A former teacher and nine-time winner of the New York City Marathon, she serves as spokeswoman for her country's "shape-up" campaign.

"We want to show the world we are a healthy nation," Waitz explains. "We're encouraging people to build simple physical activity into their daily lives."

She and her husband currently divide their time between Oslo and Gainesville, Fla., an arrangement that prompts comparisons of the physical-fitness levels in the two countries. Ever the diplomat, she is gentle in her criticism of burger-munching Americans.

"I generally talk with people who are involved in health and fitness rather than the average man on the street," she says. "But the people I see in the American malls are different; they're heavier. If they are going out to buy a newspaper a half mile from home, they drive their cars!" This lack of physical activity is compounded by Americans' fondness for snack foods. "Wherever you go in the States, you find fast foods that are available and cheap," she says. "I think Norwegians eat more nutritiously."

She also notes shifts in exercise preferences.

"If you go back 10 years, people ran as often as five times a week. Now they might run twice and do aerobics on the other days. Of course, when Americans do something, they don't do it 100 percent, they do it 110 percent. That's what happened with running. Too many people did too much of it and got bored or injured. Now they're trying other activities; they're not using running as the only way to stay fit."

Waitz counts herself among people who cross train.

"I bike a lot. I retired from competition two years ago, but I still run; it's part of my life. The difference is now I take it nice and easy. . .I only run six to eight miles a day." —*Holly Miller*

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The Gospel Gazette

"I will praise God's name in song and glorify Him with thanksgiving" Psalm 69:30

Bill and Gloria Gaither Host Gospel Greats!

The following gathered at Pinebrook Studios (Alexandria, IN) to celebrate:

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Jimmy Blackwood
The Cathedrals
Cynthia Clawson
The Couriers
Geron Davis
Sue Dodge
Ann Downing
Michael English
Fairfield Four
The Florida Boys
Larry Ford
Terry Franklin
Joy Gardner
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Jake Hess
Jim Hill
Claude and Connie Hopper
Lillie Knauls
Eva Mae LeFevre
Mylon LeFevre
Hovie Lister
Mosie Lister
Mark Lowry
Jack Marshall
Terry McMillan
Gary McSpadden
The Mullins
Naomi and the Segos
Rex Nelon
Doug Oldham
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WHITEWATER RAFTING

High adventure lurks just around the bend, between the rocks and through the rapids. Hang on for the ride of your life!

by Carolyn Hughes Crowley

On the bus ride to West Virginia's Upper Gauley River, our guides talk about flipping our 16-foot raft and pinning it against boulders, some as large as a house. The only shield from harm through 28 miles of pure screaming excitement, they say, will be a 16th-of-an-inch rubber raft—that and our ability to paddle as if our lives depend on it, which they will.

"The first of the Big Five Class V rapids is Insignificant, and it's anything but," warns Roger Harrison, a guide who has run this river's rapids 600 times. He gives us an overview of the river—one of the top 10 commercially run whitewater rivers in the world—and a preview of our upcoming adventure.

"Pillow Rock Rapid, 15 seconds of uncontrolled violence and total white water, is next. You want to avoid kissing Pillow Rock and sliding into a flume. Then you've got to negotiate Volkswagen Rock. We try to give geology lessons from a distance, not up close and personal."

Lost Paddle is the Upper Gauley's longest rapid, with four drops into a tight canyon. A tributary, the Meadow River, adds more water there. "First is the tight entrance to 'Hawaii Five O' wave, then a second drop to a huge hole, then you run into a third drop to eddy right. If you miss, then you go into a sieve where you can get pinned against a rock or flipped."

Harrison enjoys memories of past derring-do. He admits his butterflies are beginning their flight. Mine are taking a nosedive. All the guides agree the Gauley River is never the same twice. "There's no such thing as a routine run. When you're not humble, you get into trouble," says Harrison.

The four founders and operators of the 15-year-old Class VI River Runners, our outfitters, don't utter the word "safe" to the 60,000 people a

More than 250,000 vacationers—ages 6 to 86—raft in West Virginia every year. Spectators gather on shore to shout warnings of steep drops, fallen tree limbs, and razor-sharp boulders.

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year who raft the Gauley. "We never say rafting is safe," stresses Class VI co-founder and co-owner Dave Arnold, 37, a one-time medical student. "It's a four-letter word. We're not supposed to be impolite, our lawyers tell us." In short, every rafter must sign a liability release that outlines risks and dangers.

"The guides make clear the Upper Gauley is one of the wildest rivers in

For more information:

Write Class VI River Runners, Box 78, Lansing, WV 25862-0078 or call 1-800-252-7784. Packages include travel on USAir to Lewisburg and Charleston, both one hour from Class VI's facility, and Beckley, 45 minutes away. Prices range from $78 for one day on the lower New River to $235 for the two-day Gauley River camping trip. Wet suits, tents, sleeping bags and pads, helmets, paddling jackets, and lifejackets can be rented.

* **WHERE TO STAY:** Camp three-fourths of a mile from Class VI's gorge base camp at the Mountain State Outdoor Center Campground (305) 574-0704, or stay at a bed and breakfast, such as the White Horse, a 22-room mansion, where meals are served in a dining room decorated with a hand-painted, 50-year-old French mural (304) 574-1400; the County Seat Inn with two gabled guestrooms (304) 574-0823; Woodcrest, which features 100 acres, a pond, five bedrooms, and a honeymoon cottage (304) 574-3870; the Glen Ferris Inn (304) 632-1111; and the Garvey House 1-800-767-3235.

* **WHAT TO TAKE:** You'll need a swimsuit, goggles, sneakers, billed cap or visor to keep the sun out of your eyes, sunscreen, and sunglasses with a strap. In spring and fall, take wool or polypropylene clothes, a windbreaker, and polypropylene longjohns.

* **EVENTS:** Things to do include the New River Gorge Bridge Day near Fayetteville, third Saturday in October, when 300 skydivers plunge into the lush gorge as 100,000 people watch; "Mountain Stage," a live two-hour contemporary radio music program recorded Sundays 3-5 p.m. in Charleston's Cultural Center Auditorium by American Public Radio for 115 U.S. stations.

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the United States," says Arnold. "Considering that more than a million people have run the New and Gauley rivers, the accident rate is remarkably low. People take a controlled, calculated risk. This is *not* Disney World!"

Wow! All this talk about danger! Let me go antiquing, I beg Harrison—or permit me to return to my Capitol Hill home in Washington, D.C., where even politics isn't as threatening.

Alas, as I am expressing my fear, we arrive at the Summersville Dam, one of the region's most notorious commercial raft put-ins. For 22 days during a draw-down period beginning in mid-September, the U.S. Corps of Engineers generally releases 2,500 cubic feet of water per second through three 20-foot-wide shoots—the largest of their type in the world—to create storage capacity for the winter and spring rains.

All the aerated water, blasting from the tubes at 60-90 mph, rushes past the right shore. This creates an eddy that returns water upstream at 20-30 mph, making an eddy fence where the upstream and downstream currents converge. Rafts must cross this maelstrom. We fail to break through the eddy line on our first try, but we finally conquer it on our third attempt.

Our two-day overnight trip on the Gauley River has begun. Our guide advises us that paddling hard will keep us in the raft, so I tackle each wave by stabbing it with my paddle as rigorously as I can. I answer our guide's yell to "Dig! More! Harder! Left back! Right ahead!" for the 30 seconds to a minute of sheer terror through each rapid. We often paddle airborne because the boat is thrust so high that no water supports it. Then we crash land, bumping our way into flat water.

Ah, exhale, I remind myself. *Loosen the grip on the paddle, sit back, and breathe deeply until the next rapid.* We quickly learn that the flat water is the calm before the wave trains hit us again. Hearing them coming, we know it is time to jam a foot into the web brace at the bottom of the raft, grab the paddle, lean into the wave, and listen to our guide's directions above nature's din.

Mealtimes provide welcome respites. Lunch on a sandy beach and dinner at base camp 15 miles downriver are delicious. The 20-person kitchen staff at Class VI's Smokey's Charcoal Grill prepares the meals,

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emphasizing complex carbohydrates and proteins and foods that convert to high energy. Chef Janet Proctor explains that sugars, especially after lunch, make everyone want to take a nap. She avoids serving them as much as possible. The Class VI menu typically includes hot soups on cool spring and fall days, four pasta-salad and meat-salad dishes, fresh fruits, cold cuts, and a selection of breads.

Proctor has compiled her favorite riverside recipes in a cookbook that asks one of the most common questions on the Gauley: *When's Lunch . . . Around the Bend.* (The guides will tell you that the answers to all questions on the river are: "45 minutes," "It varies," or "Around the bend.")

We eat our dinner of salmon, vegetables, and French bread as we watch the full moon creep over the ridge. Some of our 40-member group play games after dinner; others talk and sing around a campfire. Sleep comes easily.

At 11 the next morning, when the water level has risen, we take off down the Lower Gauley—steep, technical, but not as demanding as the Upper Gauley.

We successfully run Kootz's Flume with its Five-Boat Hole and Heaven Help Us with its Gates of Heaven, which we are thankful to enter. We survive Pure Screaming Hell with its nasty sieve place, and we bash through Upper and Lower Mash. The holes and waves are becoming less fearful now.

When we climb out of our raft late in the afternoon, our guide (Frances Turner, a paralegal from Sacramento, Calif.) recaps our success for the other guides: "No flips, no wraps, no pins." During our first rafting day on the New River, though, I am the one who blemishes our record with a quick "swim," a euphemism for a fall into the water. Guide Marty Pribel, a professional boatman, simply reaches over and plucks me by my lifejacket's lapels and places me facedown on a center tube.

Because the 52-mile New River Gorge National River, an hour south of the Gauley River, gives a gentler ride, we have more time to look around the meandering landscape. The river cuts though several geological formations of metamorphic sandstone, shale, and coal. The rocks' ages range from 320-330 million years, making the 65-million-year-old New River the second oldest in the world after the Nile.

We're told that the gorge remained entirely inaccessible until the railroad opened the isolated area in 1873. The Chesapeake & Ohio trains made possible the shipment of coal and timber to the outside world until this part of the river became one of the nation's leading transportation routes for 80 years. Today, nature has reclaimed the land. Part of the gorge is now the most popular stretch of river in West

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All eligible caption entries must be postmarked by Oct. 15, 1993.

The winner of the Sept./Oct. 1993 contest will be announced in the Jan./Feb. 1994 issue.

Our congratulations and a check for $100 go to Carol Cail of Longmont, Colo., for the winning entry in our May/June 1993 caption contest.

A father's brow takes on a sheen
As boy and bike madly careen;
If you think this is bad,
And hard on old dad,
Just wait till the kid turns sixteen.

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Virginia for fishing. Local residents tell of catfish "as big as railroad ties." Fish from this river hold state records for smallmouth bass, striped bass, walleye, and white bass.

Great blue and green-backed herons stalk quiet coves, backwaters, and pools on the lookout for fish and frogs. During September and October, birdwatchers observe the southward migration of raptors. The trees then become brightly colored, the oak leaves turning red, the hickories and beech turning brown and orange, and tulip poplar leaves turning yellow.

White-tailed deer are everywhere. Two poisonous snakes are present in the gorge—the northern copperhead and timber rattlesnake. People report sightings from time to time of the secretive black bear and hear the bobcats' ear-piercing screams at night. We notice only hunters firing at squirrels on the first day of the squirrel season. As we paddle our course, we try to imagine the days when there was a town for every mile of river. Among the most colorful settlements was Thurmond, reputed to have hosted the world's longest poker game—14 years. People say, "The only difference between Thurmond and hell was that a river ran through Thurmond."

Back on land after our three days of whitewater rafting, we struggle to regain steady legs as we congratulate ourselves for the teamwork we put forth, the camaraderie we built, and the respect we've learned for the water's strength. We all come away physically stronger, sorer, and mentally tougher.

My Kingdom for Jones

continued from page 74

base like a rug.

One day he missed the game entirely. It was the day the Giants were in town, and 15,000 people were there to watch Jones bat against the great Matty. Brooklyn lost the game, and Pop O'Donnell almost lost his hair at the hands of the disappointed crowd.

"Who would have thought," Pop mused, in the clubhouse after the game, "that that (here some words are omitted) horse would turn out to be a prima donna? It's all right for a major-league ballplayer to act like a horse, but that horse is trying to act like a major-league ballplayer."

It was almost by accident that Tim

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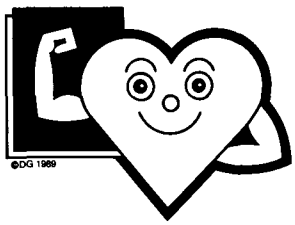

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and I found out what was really bothering Jones. We followed him one day when he left the ballpark. We followed him nearly two miles to a racetrack.

Jones stood beside the fence a long time, turning his head to watch the thoroughbreds gallop by on exercise runs and time trials. Then a little stable boy opened the gate for him.

"Po' little hoss," the boy said. "Yo' wants a little runnin'?"

"Happens every day," a groom explained to us. "This horse wanders here from God knows where and acts like he wants to run, and some boy rides him a while, bareback, pretending he's a racehorse."

Jones was like a different horse out there on the track: not drooping any more—ears up, eyes bright, tail like a plume. It was pitiful how much he wanted to look like a racehorse.

"That horse," Tim asked the groom, "is he any good for racing?"

"Not here, anyway," the groom said. "Might win a county-fair race or two."

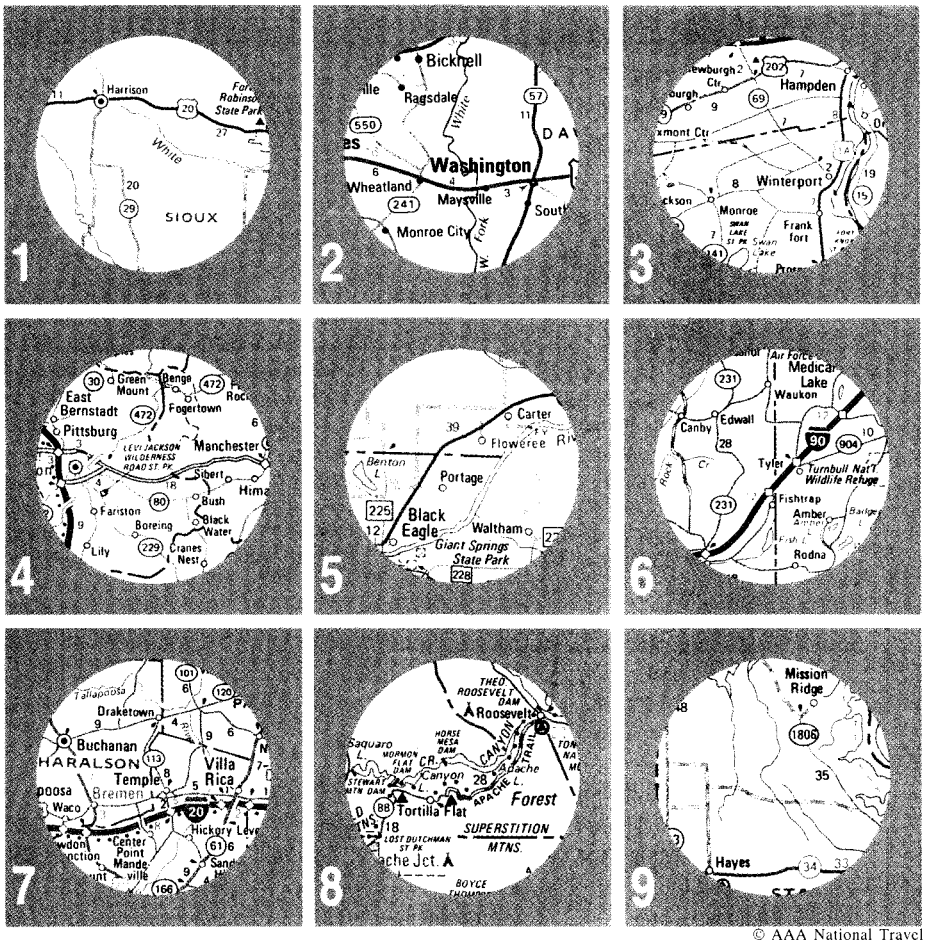
He asked us whether we had any idea who owned the horse.

"Sir," said Tim, like Edwin M. Stanton, "that horse belongs to the ages."

"Well, mister," said the groom, "the ages had better get some different shoes on that horse. Why, you could hold a baseball in those shoes he has there."

"It's very clear," I said as we walked back, "what we have here is a badly frustrated horse."

"It's clear as beer," Tim said sadly.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

That afternoon Jones hit a home run and absentmindedly trotted around the bases. As soon as the game was over, he disappeared in the direction of the race track. Tim looked at me and shook his head. Pop O'Donnell held his chin in this hands.

"I'll be boiled in oil," he said. "Berled in earl."

Nothing cheered up poor Pop until someone came in with a story about the absentee owner of a big-league baseball club who had inherited the club along with the family fortune. This individual had just fired the manager of his baseball farm system because the farms had not turned out horses like Jones. "What are farms for if they don't raise horses?" the absentee owner had asked indignantly.

Jones was becoming a national problem second only to the Panama Canal and considerably more important than whether Mr. Taft got to be president.

There were rumors that the Highlanders—people were just beginning to call them the Yankees—would withdraw and form a new league if Jones were allowed to play.

It was reported that a team of kangaroos from Australia was on its way to play a series of exhibition games in America, and Pres. Ban Johnson of the American League was quoted as saying that he would never have kangaroos in the American League because they were too likely to jump their contracts. There was talk of a constitutional amendment concerning horses in baseball.

The thing that impressed me, down there in the South, was that all this was putting the cart before the horse, so to speak. Jones simply didn't want to play baseball. He wanted to be a racehorse. I don't know why life is that way.

Jones made an unassisted triple play, and Ty Cobb accused Brooklyn of furnishing fire ladders to its infielders. He said that no third baseman could have caught the drive that started the play. At the end of the training season, Jones was batting .538 and fielding .997, had stolen 20 bases, and hit seven home runs. He was the greatest third baseman in the history of baseball and didn't want to be!

Joseph Pulitzer, William Randolph Hearst, Arthur Brisbane, and the rest of the bigshots got together and decided that if anyone didn't know by

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this time that Jones was a horse, the newspapers wouldn't tell him. He could find it out.

Folks seemed to find it out. People began gathering from all parts of the country to see Brooklyn open against the Giants—Matty against Jones. Even a tribe of Sioux Indians camped beside the Gowanus and had war dances on Flatbrush Avenue, waiting for the park to open. And Pop O'Donnell kept his squad in the South as long as he could, laying plans to arrive in Brooklyn only on the morning of the opening game.

The wire said that night that 200,000 people had come to Brooklyn for the game, and 190,000 of them were in an ugly mood over the report that the league might not let Jones play. The governor of New York sent two regiments of the National Guard. The Giants were said to be caucusing to decide whether they would play against Jones.

By game time, people were packed for six blocks, fighting to get into the park. The Sioux sent a young buck after their tomahawks, just in case. Telephone poles a quarter of a mile from the field were selling for $100. Every baseball writer in the country was in the Brooklyn press box; the other teams played before cub reporters and society editors. Just before game time, I managed to push into Pop O'Donnell's little office with the presidents of the two major leagues, the mayor of New York, a half dozen other reporters, and a delegation from the Giants.

"There's just one thing we want to know," the spokesman for the Giants was asking Pop. "Are you going to play Jones?"

"Gentlemen," said Pop in that soft-spoken, firm way of his that rattled the window blinds, "our duty is to give the public what it wants. And the public wants Jones."

Like an echo, a chant began to rise from the bleachers, "We want Jones!"

"There is one other little thing," said Pop. "Jones has disappeared."

There were about 10 seconds of the awful silence that comes when your nerves are paralyzed but your mind keeps on thrashing.

"He got out of his boxcar somewhere between Georgia and Brooklyn," Pop said. "We don't know where. We're looking."

A Western Union boy dashed in. "Hold on!" said Pop. "This may be news!"

He tore open the envelope with a shaky hand. This message was from Norfolk, Va.: HAVE FOUND ELEPHANT THAT CAN BALANCE MEDICINE BALL ON TRUNK, it read. WILL HE DO? If Pop had said what he said then into a telephone, it would have burned out all the insulators in New York.

Down at the field, the President of the United States himself was poised to throw out the first ball. "Is this Jones?" he asked. He was a little nearsighted.

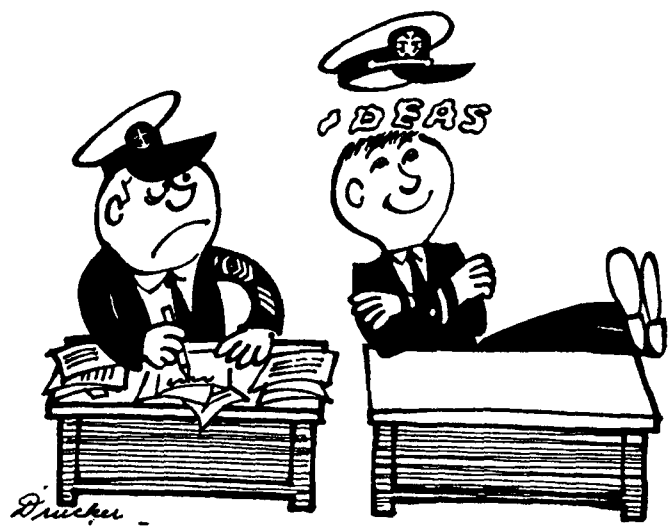
"This is the mayor of New York," Pop said patiently. "Jones has gone. Run away."

The President's biographers disagree as to whether he said at that moment, "Oh, well, who would stay in Brooklyn if he could run?" or "I sympathize with you for having to change horses in midstream."

That was the saddest game ever covered by the entire press corps of the nation. Brooklyn was all thumbs in the field, all windmills at bat. There was no Jones to whistle hits into the outfield and make sensational stops at third. By the sixth inning, when they had to call the game with the score 18-1, the field was ankle deep in pop bottles, and the Sioux were waving their tomahawks and singing the scalp song.

You know the rest of the story. Brooklyn didn't win a game until the third week of the season, and no team ever tried a horse again, except a few dark horses every season. Pittsburgh, I believe, tried trained seals in the outfield. They were deadly at catching the ball but couldn't cover enough ground. San Francisco has an entire team of Seals, but I have never seen them play. Boston tried an octopus at second base but had to give him up. What happened to two rookies who disappeared trying to steal second base against Boston that spring is another subject baseball doesn't talk about.

There has been considerable speculation as to what happened to Jones.



The Perfect Squelch

Wilmer, the wonder boy of a little literary magazine in college, was delighted when the Navy commissioned him an ensign and assigned him to the base newspaper. Rushing to the office, he promptly outlined a whole new editorial policy to the bewildered chief petty officer who had been putting out the paper for years.

"We should run," he said, "thoughtful essays, poetry, and occasionally a piece in French or perhaps Italian to stimulate language study."

Patiently the C.P.O. explained that the newspaper was for men who wouldn't understand an avant-garde style. Wilmer listened unimpressed, and from then on the harried C.P.O. had to spend half his day talking Wilmer out of his odd ideas, the other half putting out the paper.

Then the newspaper was given an award for journalistic excellence by the Department of Defense, and Wilmer blew his literary top. "A prize for trash," he snorted. "An award for ignorance. That just shows how stupid people are. Why, if we were in civilian life, I suppose you'd be a managing editor, and I'd be a mere copyboy."

"Perhaps, sir," the C.P.O. said, "but not on the same newspaper."

—Quentin Miller

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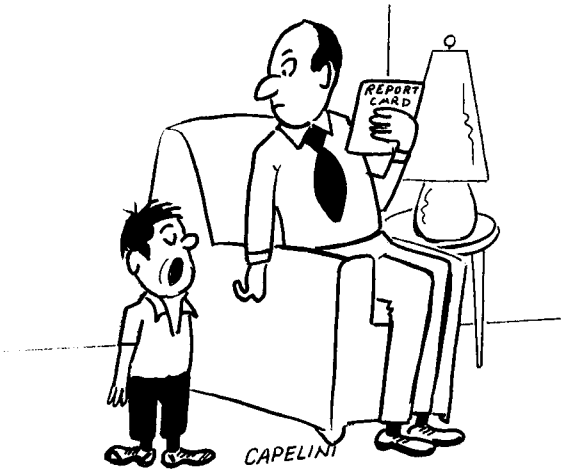
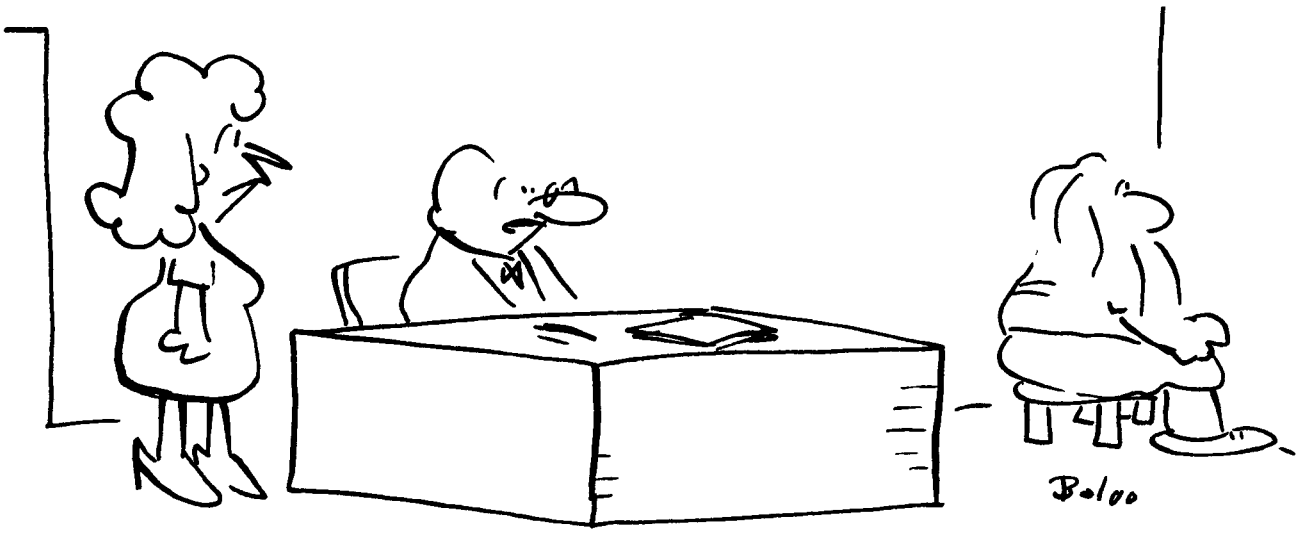


"You'll notice my grades reflect the shocking ineptitude of the school system."

"I'm in the fourth grade now—shouldn't I be getting some perks?"

"Hey! I don't speak German!"

"The more I come in here, the more it looks like the Oval Office."



"I really don't know—he was sitting there when I became principal."

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Most of us believed the report that the Brooklyn players had unfastened the latch on the door of his boxcar, until Pop O'Donnell's Confidential Memoirs came out, admitting that he himself had taken the hinges off the door of his boxcar because he couldn't face the blame for making baseball a game for horses. But I have been a little confused since Tim McGuire came to me once and said he might as well confess. He couldn't stand to think of that horse standing wistfully beside the track, waiting for someone to let him pretend he was a racehorse. That haunted Tim. When he went down to the boxcar, he found the door unlatched and the hinges off, so he gave the door a little push outward. He judged it was the will of the majority.

And that is why baseball is played by men today instead of by horses. But don't think that the shadow of Jones doesn't still lie heavy on the game. Have you ever noticed how retiring, silent, and hangdog major-league ballplayers are, how they cringe before the umpire? They never know when another Jones may break away from a beer wagon, circus, or plow, wander through an unlocked gate, and begin batting .538 to their .290. The worry is terrible. You can see it in the crowds, too. That is why Brooklyn fans are so aloof and disinterested, why they never raise their voices above a whisper at Ebbets Field. They know perfectly well that this is only minor-league ball they are seeing, that horses could play it twice as well if they had a chance.

That is the secret we sportswriters have kept all these years; that is why we have never written about Jones. And the Brooklyn fans still try to keep it secret, but every once in awhile the sorrow eats like lye into one of them until he can hold it back no longer, and then he sobs quietly and says, "Dem bums, if dey only had a little horse sense."

Listen Up!

continued from page 36

work in partnership with an audiologist, a nonphysician with graduate training in the measurement and treatment of hearing impairment. It's the audiologist who will test your hearing, make a recommendation, and fit you for a hearing aid.

In some rural areas, there may be no audiologist nearby. If that's your situation, ask your doctor to recommend a hearing-aid dealer. Although dealers have less formal training than audiologists, some have had a lot of practical experience with hearing aids and can give you a good fit.

Three Options in a Nutshell

Hearing aids all follow a simple principle: A tiny microphone picks up noise, an amplifier makes it louder, and a speaker sends that amplified noise to you. There's a battery that powers the system and three different basic configurations:

• **Behind the ear.** This is the type you probably associate with an elderly relative. A large curved case fits behind the ear and houses a microphone, speaker, and amplifier connected to an earpiece that delivers the sound into the ear. Before you dismiss it as old-fashioned, realize that the case on some of the newer models is only about an inch long. If your hair covers the tops of your ears, it's no more noticeable than the standard in-the-ear model, and it offers a lot of advantages.

The large size of these units offers them more room for bigger batteries, for more circuitry and for larger controls. Plus, because their components are outside the ear, there tend to be fewer problems with breakdowns due to ear-wax interference. All this translates into an aid that has better sound quality, is easier to use, and is more reliable than its competitors. Best of all, these aids are much less expensive, running $500-$800.

• **In the ear.** This aid takes all the components and fits them into a custom-molded package that fits directly into the ear. The device fills up most of the concha, the part of the ear you see. These models cost $500-$1,100.

• **In the canal.** These tiny hearing aids fit inside the ear canal and are barely visible from the outside. Former President Reagan popularized them during the 1980s. They offer cosmetic appeal but require frequent repair, significant manual dexterity to work the small controls, and a lot of money—$800-$1,200.

"You're paying for the miniature technology," says Dr. Rezen, "but these aids are very hard to handle—especially for men who have big or calloused hands." As you age, you lose a certain amount of feeling in your fingertips, which can make it

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Loud and Clear

There are lots of new products designed to pick up where the hearing aids leave off.

• **Telephone communication systems.** For about $50, some behind-the-ear and in-the-ear hearing aids can be equipped with "telecoil" circuitry that makes it easier to use the telephone. With the flip of a switch, the microphone in the hearing aid is shut off and the telecoil directly picks up signals from the telephone earpiece. All public telephones and new models of home telephones must be telecoil capable.

There are also phones offering various kinds of amplifiers that work without a hearing aid, as well as visual telephones (TDDs, TT, TTYs), which can be equipped with printers and extra-large viewing screens.

• **Assistive-listening devices.** Imagine "binoculars for the ears," tiny microphones that can pick up a desired sound and send it back to your ears minus background noise and the effects of distance. ALDs can connect televisions, radios, and dictaphones with a plug-jack connection to earphones or your hearing aid, if it's equipped with telecoil circuitry.

As a result of the Americans with Disabilities Act, public places such as theaters, cinemas, convention centers, and sports arenas are increasingly capable of utilizing wireless ALDs. These systems rely on a transmitter that sends the sound signal via radio waves, electromagnetic waves, or infrared light to a receiver that is either the hearing aid itself (telecoil) or a specialized receiver.

• **Alerting devices.** What happens if the telephone rings in another room when you have your hearing aid out for the night? You probably won't hear it, but you can see it or feel it, using one of the alerting devices on the market. These little wonders can trigger a light, a loud horn, or a vibrational device (like a bed-shaker) to alert you to a doorbell, a ringing phone, a baby's cry, an alarm clock, a door knock . . . almost anything.

For lists of ALD "showrooms" in your area, and additional information about any of the assistive devices, contact the Consumer Affairs Division of the American Speech-Language-Hearing Association, 10801 Rockville Pike, Rockville, MD 20852, or call 1-800-638-8255.

even harder to adjust the volume and change the batteries. "We find that many older men who buy the smaller hearing aids end up never wearing them because they're too much trouble to operate."

On the Cutting Edge

Customized digitally programmable aids offer an expensive, but effective solution to the problem of changing locales. Capitalizing on the same technology that is used to program the microchips of computers, these aids can be programmed with two-four specific settings. If you go from the boardroom to a football game, for example, you could switch settings to allow for the different sound patterns. Dr. Rezen says, "The results are fantastic. I've had professionals who say they couldn't have continued in their profession without it." Expect to pay $1,500-$2,000 each.

There are other, less expensive options that can selectively boost the amplification of high-frequency sounds, allow you to talk on the telephone, or damper overly loud sounds. These options usually run $50-$100.

Testing the Waters

Be sure to buy a hearing aid with a 30-day money-back guarantee. Don't hesitate to return to the person who sold you the aid if you feel it needs adjustment. Remember, when you paid all that money, you bought more than a device; you bought the services that go with it. "You're paying to have the person who sold it to you adjust it, modify it, and counsel you about how to get used to it," says Dr. Rezen. "The worst thing you can say is, 'Oh, I don't want to cause trouble.' "

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Winning Against Leukemia

continued from page 51

2CdA. The trick is to stop the therapy after all cancerous cells have been destroyed but before the drug kills the remaining healthy cells.

Clinical tests before my treatment

continued on page 102

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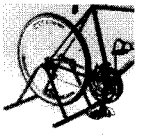

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"He is the best physician who is the best inspirer of hope."—*Samuel Taylor Coleridge*

Credit for Spunk

Dr. Joycelyn Elders, the 59-year-old pediatrician who has moved up from head of the Arkansas Department of Health to President Clinton's pick for U.S. Surgeon General, is noted for saying what she thinks and doing what she says.

"I guess I will go on to be surgeon general and raise the federal cigarette tax $2," she told Arkansas lawmakers after they rejected a tax on cigarettes. "You have sold our children to the tobacco industry."

Even her opponents admire her for standing up for what she believes.

As one remarked, "Even those she attacks should give her credit for spunk . . . keep talking, doc."

(Right) Dr. Joycelyn Elders, a quick wit, was an audience pleaser in Indiana when she tipped off health leaders of the state about her hopes to protect kids and minorities from being exploited by the tobacco industry.

Incessant Talker Can Be Treated

Dear Dr. SerVaas:

My cousin's mother-in-law is an incessant talker. She starts when she arises and continues until she retires late at night. The father-in-law has had Alzheimer's disease for five years, so it's quite a bad situation. The mother-in-law wants her husband to make financial decisions, and he is unable to. He gets quite frustrated.

It seems I read in an article somewhere that a medication will stop the incessant talking. Her two daughters are beside themselves.

I have subscribed to the *Post* for several years, and the "Medical Mailbox" is the first page I turn to.

Name and hometown withheld

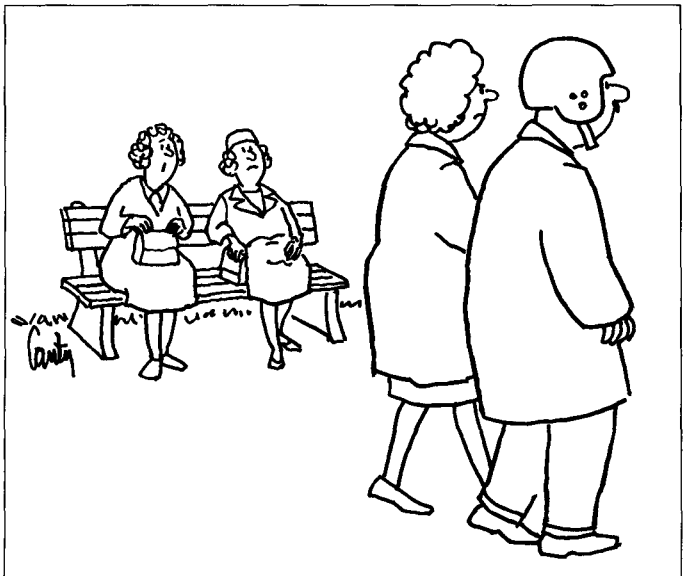
This can be a very complex problem. Some people may talk a lot under stress as a way of coping. This woman may need someone to listen to and understand her circumstances to get through rough times.

On the other hand, there may be something more serious, such as an anxiety neurosis, organic brain disease, or chemical imbalance.

Sometimes incessant talking falls under the category of obsessive-compulsive disorders, in which people have recurrent thoughts or acts they recognize as unhealthy but can't control.

This disorder usually develops in adolescence or early adulthood but doesn't become a problem until later. It occurs more often in women than men. Many times a stressful situation will cause the symptoms to become more exaggerated.

In extreme cases, there are medications that can be prescribed, namely Prozac and Anafranil. Only a short period of counseling is needed once the medicine starts to work. The patient can go on to lead a normal life but must stay on the medication with a physician monitoring it.



"I see Miriam's still going through the change."

Allergic to Air Conditioning

Dear Dr. SerVaas:

I was wondering if you could possibly help me with this problem: It seems that I am allergic to air conditioning. I keep getting sore throats and chills all over my body after being in an air-conditioned place. This condition usually lasts from a few days to weeks. I usually wear a neck scarf and hat in these places, but they don't help too much. Is there any advice you can give me?

Mrs. S. Carter
Mission Hills, California

You could possibly be allergic to excreta from dust mites in air-conditioning ducts. Be sure that the air-conditioning ducts in your home and automobile are properly serviced. Attending movies at drive-in theaters instead of indoors also might help.

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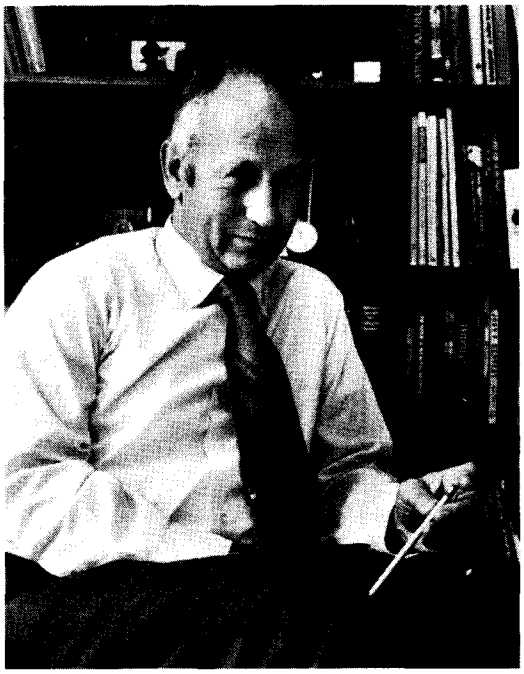
You are not alone. In fact, you have good company in your reaction to air conditioning. I remember driving Norman Cousins to our home for a fast game of tennis one day when he asked me to please turn off the air conditioner in the car.

He seemed concerned because, he said, the air conditioning ducts might have pollution in them. Perhaps he was referring to dust mites, whose excreta causes allergic reactions in many people.

I didn't press him further about it. I had a great deal of respect for his insights into medical problems. He had a wonderful, curious mindset, and we all miss him greatly.

He did his last work at the University of California, Los Angeles. If you write to the school, I believe someone there could tell you if he has written about pollution in air-conditioning ducts.

We'll publish anything you find. Perhaps another reader has trouble with air conditioning.



Author Norman Cousins asked us to turn off the air conditioning in our car.

Antibiotics for Ulcers

Dear Dr. SerVaas:

Do you have any information on the new antibiotic treatment for ulcers?

Cleo Sadler
McLeansboro, Illinois

In 1983, Dr. Barry Marshall proposed that a newly discovered bacteria, *Helicobacter pylori*, causes peptic ulcer disease. Since then, several studies have investigated this claim.

A study conducted at Baylor College of Medicine, the Veteran Affairs Medical Center, and the Children's Nutritional Research Center was published recently in the *Annals of Internal Medicine*. In a randomized clinical trial, only 12 percent of the patients with duodenal ulcers and 13 percent of the patients with gastric ulcers had a relapse when treated for two weeks with a combination of ranitidine (to diminish acid secretion), antibiotics (tetracycline and metronidazole), and bismuth subsalicylate (the active ingredient in Pepto-Bismol).

A study at the University of Vienna School of Medicine published in the *New England Journal of Medicine* reported duodenal ulcers recurred in only 8 percent of the patients treated with antibiotics, compared with 86 percent of the patients receiving placebos. Amoxicillin and metronidazole were used in this study.

Some doctors consider this proof that *H. pylori* causes recurring ulcer disease. For the doctors at the Mayo Clinic, antibiotic therapy has become the standard treatment.

Other doctors point out that not all patients with ulcers initially have *H. pylori*. They consider the *H. pylori* infection only a piece in the puzzle. Still other doctors are awaiting additional research because of the likelihood of generating drug-resistant bacteria by treatment with antibiotics. Indeed, metronidazole-resistant bacteria already have been found in the studies.

The eradication of *H. pylori* has implications beyond ulcer disease. Data suggest the *H. pylori* infection may lead to chronic atrophic gastritis, which may be the first step in gastric carcinoma.

Science magazine reports that Astra Pharmaceuticals and Abbott Laboratories are developing antibiotics for treating ulcer disease. Oravax and Chiron, two biotechnology firms, are developing a vaccine for *H. pylori*.

Dermatomyositis

Dear Dr. SerVaas:

My wife's mother is suffering from dermatomyositis, and we have been unable to find much information about the disease. The only detailed information that we have been able to find concerning the disease is a pamphlet from the Arthritis Foundation.

We would greatly appreciate any other sources of information concerning this illness.

John R. Synhorst
Plano, Texas

Dermatomyositis is a disease of inflammation and degeneration of the skin, tissue, and muscle. Often the first symptoms are muscle weakness, muscle pain, rash, fever, and weight loss. The cause of dermatomyositis is unknown. Evidence points to an error in the immune system that causes the body to attack the muscles, tissue, and skin.

Consequently, treatment involves the use of prednisone

"Your mother, who carried you in her womb for nine and a half months, is on line one, and your wife, who held three part-time jobs to help get you through medical school, is on line two."

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or other immunosuppressive agents such as methotrexate, cyclophosphamide, chlorambucil, and azathioprine. Patients frequently are maintained on varying doses of prednisone for years. Remissions and even recovery have been reported, but severe and progressive muscle weakness may occur.

A major concern with dermatomyositis is the link to cancer. Fifteen percent of adults with dermatomyositis were found to have cancer. Women had a slightly higher risk. The incidence of increase in ovarian cancer was seventeenfold. Men had an increased mortality rate for cancer; the women's rate was doubled.

For more information on dermatomyositis or the 39 other related diseases, contact the Muscular Dystrophy Association at 1-800-572-1717.

Allergic to Plastic?

Dear Dr. SerVaas:

I am very concerned about my problem and how to care for it. I fear I have an allergy to plastic! I have been wearing hearing aids for about a year. Now my left ear is encrusted, scaly, and itchy. I clean it with alcohol, then with Neosporin. That relieves it somewhat, but not for long.

Can you recommend anything? I do not wish to see a doctor. I'm a senior, and all that gets very expensive.

Marge Bruskotter
Great Falls, Montana

When people experience redness, soreness, and itching in the ear, it may be due to allergy. If you are allergic to the plastic in the hearing aid, the dealer where you purchased the hearing aid could remake it with hypoallergenic material.

Mood Swing Help

Dear Dr. SerVaas:

Regarding the letter about "roller coaster swings," (July/Aug. '93), the young lady might try food testing with an allergist. Dr. Ralph Herro of Phoenix says my sleepy feeling is an allergy to chicken. I have noticed that I must not eat chocolate any time after lunch until bedtime or I will not sleep. With no sleep, the mood swing is definitely not good the following day. Sugar is also an "up" food.

My son sees a doctor in Tucson, and he adjusts his foods. For instance, he does not eat a large steak while traveling when he must drive. We both restrict our caffeine. My brother had a severe caffeine reaction. My father also. I would suggest seeking a family connection.

Let me share:

My hobby is watercolor painting. When rested and "up," I might paint well. I like the boost of a Pepsi soda. But if I concentrate extra long and hard (the best watercolor work is done all in one sitting or time slot), I have used up my spare, emergency adrenaline or whatever it is we call on when in the mood for creating. This, of course, is a drain. There must be a period to catch up again. This I've learned will happen, so I adjust.

An extra bit of pure happiness also will leave an exhausted state after.

I just use the ability I have to create a painting. I specialize in roses and live with the conditions I find to be my lot.

Lucile Taylor
Phoenix, Arizona

Lucile Taylor painted "Brandy Rose" on a creative "up" day.

"He's doing fine. These are for you."

Noninvasive Prostate Solution

For years, men who have had problems because of an enlarged prostate have been treated surgically by a transurethral resection of the prostate (TURP). Although surgical techniques have improved tremendously through the years, nerve damage, incontinence, and impotence can sometimes occur following this surgery, even in the best of hands.

Welcome news to all men will be the recent advances in the technology of focused ultrasound offering a new way to treat an enlarged prostate. Patients treated with focused ultrasound last year in Vienna and at Indiana University Medical Center showed significant improvement in peak urinary flow rates.

Recently, the FDA approved phase-three research, a multicenter study, at Indiana University, John Hopkins University, the University of Texas Southwestern Medical School at Dallas, and the University of California, San Francisco, School of Medicine to compare this new technology to the TURP surgical procedure.

Even before this happened, urologists from Indiana University went to Vienna, where rules are less stringent than at the FDA, and did clinical work on patients there to study the benefits of ultrasound vs. surgery for enlarged prostates.

High-intensity focused ultrasound is a method for delivering heat to a distant point without creating temperature elevation of the intervening tissue. The temperature of the target tissue is raised to 80-90° C. The target tissue

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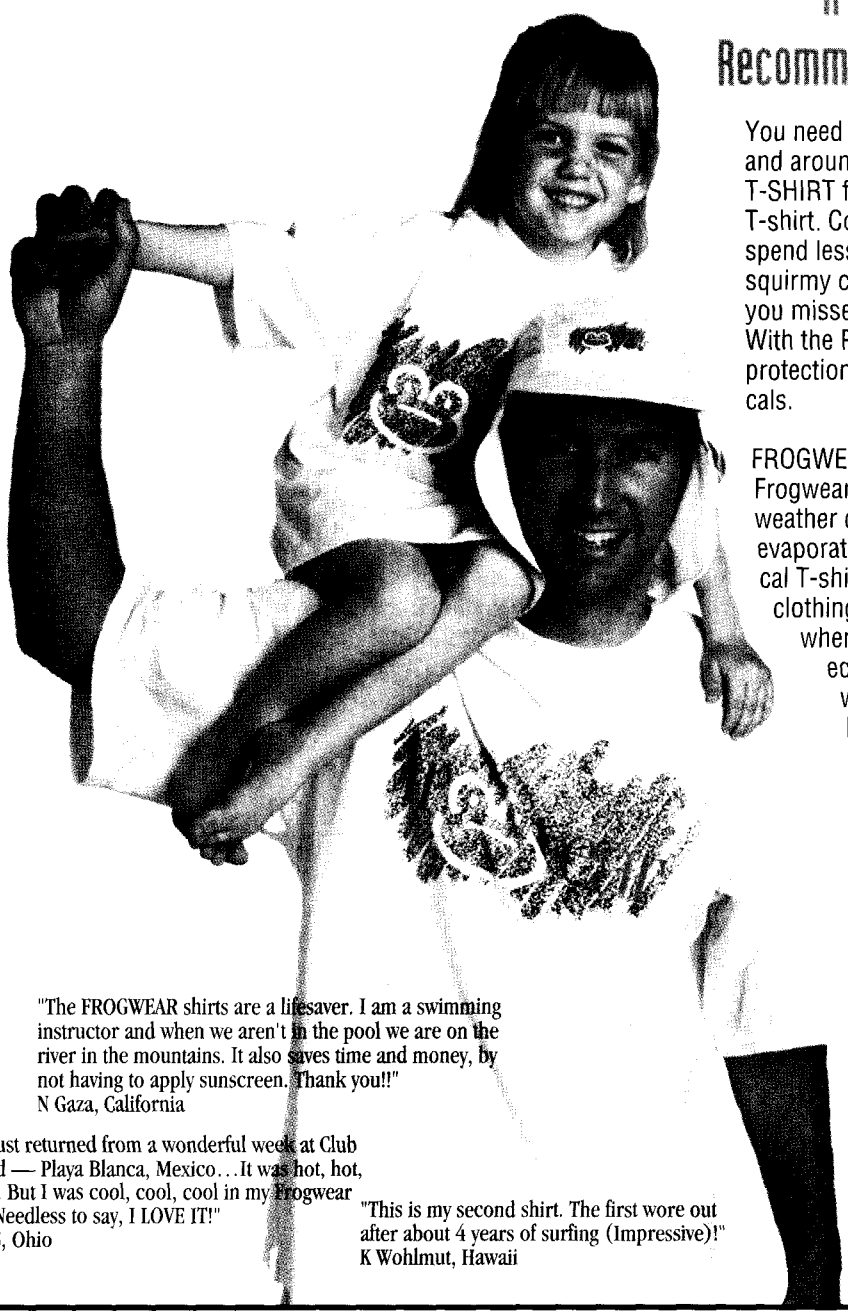

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N Gaza, California

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RKS, Ohio

"This is my second shirt. The first wore out after about 4 years of surfing (Impressive)!"
K Wohlmut, Hawaii

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solidifies into a mass and dies while the surrounding tissue remains unaffected. By varying the focus, doctors reduce excess prostate tissue without surgery.

Urinary retention and blood in the urine are temporary side effects of the high-intensity focused ultrasound. However, the safety and effectiveness in the pilot study are encouraging. In the future, high-intensity ultrasound promises to be useful in a variety of diseases besides enlarged prostate.

Because prostate cancer is so prevalent, we all hope ultrasound demolition of cancer cells in the prostate will also become an effective treatment.

Easy Conversion Chart

Many patients are sent home from the hospital with a centigrade (Celsius) thermometer and then find that they don't know how to tell whether their temperature is seriously elevated. Because they are familiar with Fahrenheit only, they often call the hospital to ask for help. We hope this conversion chart will be taped inside your medicine cabinet for anyone who might need it.

°F	°C	°F	°C	°F	°C
95.0	35.0	99.0	37.2	103.0	39.4
95.2	35.1	99.2	37.3	103.2	39.6
95.4	35.2	99.4	37.4	103.4	39.7
95.6	35.3	99.6	37.6	103.6	39.8
95.8	35.4	99.8	37.7	103.8	39.9
96.0	35.6	100.0	37.8	104.0	40.0
96.2	35.7	100.2	37.9	104.2	40.1
96.4	35.8	100.4	38.0	104.4	40.2
96.6	35.9	100.6	38.1	104.6	40.3
96.8	36.0	100.8	38.2	104.8	40.4
97.0	36.1	101.0	38.3	105.0	40.6
97.2	36.2	101.2	38.4	105.2	40.7
97.4	36.3	101.4	38.6	105.4	40.8
97.6	36.4	101.6	38.7	105.6	40.9
97.8	36.6	101.8	38.8	105.8	41.0
98.0	36.7	102.0	38.9	106.0	41.1
98.2	36.8	102.2	39.0	106.2	41.2
98.4	36.9	102.4	39.1	106.4	41.3
98.6	**37.0**	102.6	39.2	106.6	41.4
98.8	37.1	102.8	39.3	106.8	41.6

Gastroesophageal Reflux

Dear Dr. SerVaas:

Please send me any current information you have about treatments for gastroesophageal reflux with food allergy. I am seeking help for a family member who is not able to find a physician knowledgeable about this problem. My relative is having more and more severe reactions to foods, beginning with sudden hiccups, gastrointestinal spasms, sweating, nausea, and inability to swallow. Previous GI studies by a gastroenterologist have not provided any useful information, and antacid medication has not proven effective.

My relative is interested in determining the cause of the problem and is seeking natural treatments to manage it. He would like to find a physician with expertise in this area who will have a dialogue with him and not rush in with expensive and painful tests.

I hope you will be able to provide me with some ideas I can pass on. Thank you in advance.

Jacqueline Schiff
Moline, Illinois

We referred your letter to Dr. Douglas Horton, an Indianapolis allergist, and Dr. Tom Nowalk of the Indiana University Medical Center Division of Gastroenterology and Hepatology. Dr. Horton says food allergy can cause several gastrointestinal symptoms, including nausea, abdominal pain, cramps, gastroesophageal reflux, vomiting, and diarrhea. The main treatment for food allergy is to identify the food or foods that cause problems and then to avoid them.

One way to identify these foods without allergy testing is to follow a food-elimination diet. In this procedure, the foods suspected of causing allergic problems are omitted from the diet. After a symptom-free interval, the suspected foods are reintroduced by adding a new food every three days. If a particular food is identified as causing problems, a person should avoid it.

"The only proven therapy for food allergy is strict elimination of the offending food," Dr. Horton says. "Allergy injection of foods or food drops have not been shown to be helpful. Antihistamines are usually only partially effective in reducing the allergic reactions to food."

Dr. Nowalk said the gastroesophageal reflux is generally not associated with any particular food allergy. "However, patients with this disorder frequently report that certain foods seem to produce symptoms of reflux more than others. Patients say that fatty, greasy, or fried foods seem to provoke symptoms. This is because fatty foods remain in the stomach longer and produce acid for a longer period. Acidic foods such as tomato juice or orange juice may irritate an inflamed food pipe and provoke heartburn symptoms. Finally, other foods such as chocolate tend to relax the lower esophageal sphincter and exacerbate the tendency to reflux more acid from the stomach."

Precautionary Ovary Removal?

Dear Dr. SerVaas:

My family has a history of ovarian cancer. My grandmother and aunt died from it. My other aunts and my mother have all had their ovaries removed at the time of their hysterectomies. My mother says because I am past childbearing years, I should have my ovaries removed as a precaution. What do you think?

Name and hometown withheld

The worst problem with ovarian cancer is that it is almost without symptoms until it has spread beyond the ovaries. By the time the pain or bleeding occurs, it is usually in advanced stages. Tragically, this was true with Gilda Radner. In Gilda's memory, the Familial Registry was renamed the Gilda Radner Familial Ovarian Cancer Registry.

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The registry publishes a newsletter with information about ovarian cancer, which affects 1.4 percent of all women.

Family history is a predictor of ovarian cancer and can help a woman determine whether to have her ovaries removed as a precaution. If two first-degree relatives (mother or sister, for example) develop ovarian cancer, the likelihood of developing the cancer is 50 percent. With two second-degree relatives, as in this case, the chances are less than 50 percent but still high. With a strong family history, the registry recommends genetic counseling and prophylactic removal of the ovaries after age 35. With removal of the ovaries, ovarian cancer is prevented. However, there is a small incidence of extraovarian cancer of the peritoneum in patients who have had their ovaries removed. It appears to be rare; in fact it was last reported in 1982.

The American Cancer Society recommends that women ages 20 to 40 have a cancer-related checkup every three years. After 40, women should be checked annually. A pelvic exam can detect only one fourth of early-stage ovarian cancers.

High-risk women should have an ovarian ultrasound and CA 125 blood test every six months. The CA 125 blood test is a marker test that indicates tumor activity. It has not proven reliable enough to use alone.

Transvaginal/color-flow ultrasonography is being used experimentally. The procedure uses a vaginal probe. By the colors generated, blood flow to the ovaries can be evaluated. One of the earliest signs of cancer is abnormal blood flow to a tissue. At present, the transvaginal/color-flow ultrasonography may be the most sensitive test available for the early detection of tumors.

Male Hot Flashes

Dear Dr. SerVaas:

I've found your "Medical Mailbox" very informative about problems of the prostate. My problem relates to hot flashes occurring about every two hours since my prostate cancer operation three and a half years ago. My current PSA is excellent. I was wondering if you have any suggestions for treatment.

G. E. Dunn
Georgetown, California

Treatment for prostate cancer often involves drug therapy to lower testosterone levels. Luteinizing hormone signals the body to release testosterone. Luteinizing hormone-releasing factor is available in a synthetic form. It is given in large doses to bombard the hormone system.

At first, this causes the body to produce more testosterone. Eventually, the constant bombardment causes the body to believe it does not need to make testosterone. Side effects from this drug, which is given by injection monthly, include hot flashes.

Sometimes antiandrogens also are given in tablet form to shut off the small amount of androgen made by the adrenal glands. An antiandrogen will block androgens from reaching and feeding the cancerous prostate cells. Hot flashes are a possible side effect of this medication as well. Because such therapy is critical, it may be impossible to avoid hot flashes.

But How Much Zinc?

Dear Dr. SerVaas:

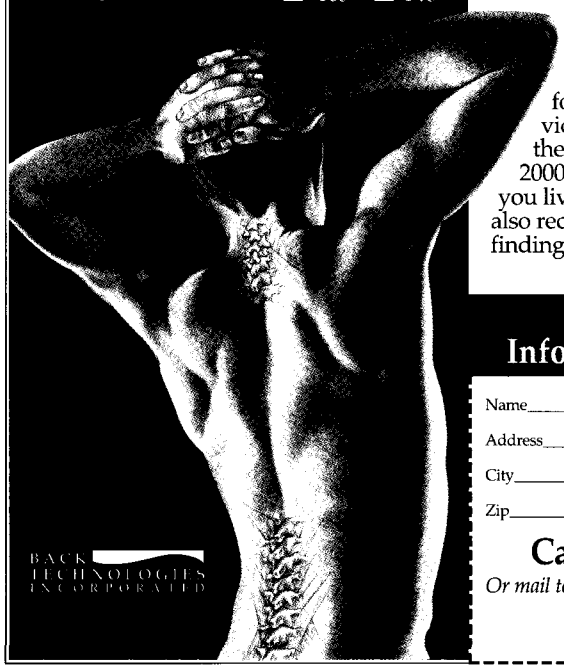
A little more than three years ago, I started losing my sense of smell. While consulting an ear, nose, and throat specialist for a different condition, I mentioned my loss. He said that he knows of no cure for the loss of smell. He said there were ongoing tests for this, and one of

Are you frustrated by chronic back pain?

Have you ever seen a doctor or therapist about your pain? ■ Yes ■ No

Do you have impaired mobility as a result of your pain? ■ Yes ■ No

Does your pain persist no matter what you do? ■ Yes ■ No



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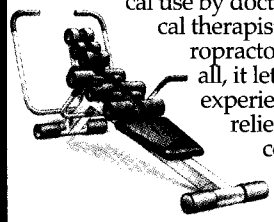

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the theories is that a shortage of zinc in the diet causes loss of smell.

I took 50 mg per day of zinc for more than two years, and so far there is no sign of a return of my sense of smell. For more than 20 years, I have consumed cough drops that contain menthol and eucalyptus.

Can you make any recommendations for me that might bring back my sense of smell?

I am a 64-year-old white male. I was diagnosed with Type II (noninsulin dependent) diabetes mellitus in 1981. I control my diabetes with a daily dose of 1½ mg of glyburide, diet, and exercise. My daily blood sugar readings range from 103 to 156.

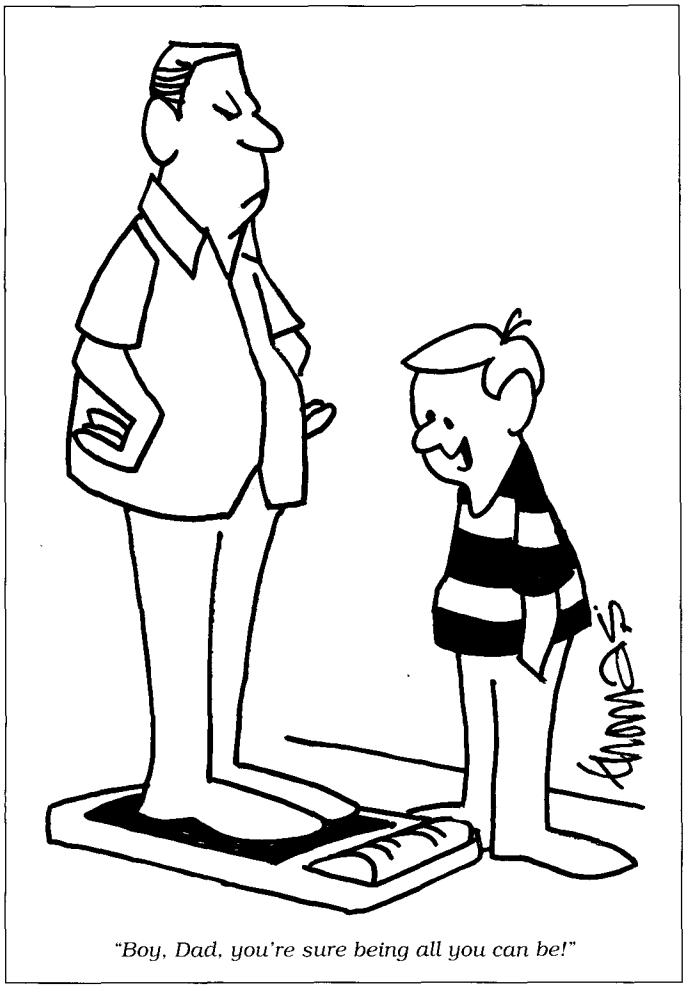
Joseph F. Wilson Jr.
Albany, Georgia

The loss of smell is called anosmia. It can have many causes, but frequently no cause is ever identified. In cases when a cause can be pinpointed, infection is usually the source. A person with frequent upper-respiratory infections, such as colds, may be more susceptible. Also, people with a chronic allergic condition that irritates the nasal passages may find a decrease in their sense of smell. The lining of the nasal passage contains many nerve endings. Severe or chronic inflammation of this lining can permanently destroy these nerve endings.

Sometimes the nasal lining is not involved. The nerves from the nose to the brain could be damaged. This usually is the result of head trauma, severe infection, or tumor growth in and around the nerve paths. These tumors can be either benign or malignant. Again, damage to these nerves seems to be permanent.

Studies seem to indicate a zinc deficiency can alter the sense of smell. Also, being diabetic will deplete zinc levels in the body. This means a normal intake of zinc may not be enough for a diabetic. Perhaps the 50 mg you are taking is not sufficient to stave off a deficiency.

Studies indicate zinc seems to have a very low toxicity, and dosages of 400 mg per day have been used.



"Boy, Dad, you're sure being all you can be!"

Snuffing Out Snuff

Post readers first learned about Sean Marsee's plight in our July/August 1985 issue. The 18-year-old star athlete died of oral cancer brought on by chewing snuff. His mother, Betty, sued the tobacco companies, drawing national attention to the life-threatening problem of "snuff dipping" by American youth.

Nurse Betty Marsee is available to tell the story of her son Sean's death caused by dipping snuff.

Mrs. Marsee lost her suit, but because of the national publicity and her appearance before the U.S. Senate, snuff must now be labeled with a warning alerting users to its dangers.

Unfortunately, the Surgeon General's 1989 report states "dipping" and "chewing" are more popular now than at any time in the past 50 years.

In June, Major League Baseball also joined the fight, banning smokeless tobacco in the minor leagues. Minor league personnel using smokeless tobacco at the stadium or during team travel face fines and game ejections.

A full-time RN and assistant supervisor at a nursing home, Betty Marsee continues her crusade speaking to schools, civic organizations, and churches. Travel expenses and advance notice will have to be provided. "I wish I could afford to go on my own, but I support myself and still have a lot of expenses from when Sean died," she said.

If you would like Betty Marsee to speak to your school or organization, please write her in care of The Saturday Evening Post Society, 1100 Waterway Blvd., Indianapolis, IN 46202.

Accolades for Colo-Fresh

Dear Dr. SerVaas:

I ordered some Colo-Fresh after reading a letter from "Medical Mailbox" about a man who had bad breath. It really works. I can't tell you how happy I am to find this miracle. God bless you for helping others.

Beatrice Larson
Lawrence, Michigan

Lysine for Canker Sores

Dear Dr. SerVaas:

I have long had a problem with cracks at the corners of my mouth as well as canker sores. I find that lysine quickly clears up both problems. I don't take it routinely—just when I have one of the problems.

Katherine M. Everly
Cheyenne, Wyoming

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11" x 14" frame not included.

Weighty Matters

When it came to marketing, Grandma really knew how to throw her weight around. But the butcher could put his finger on a couple of handy tricks himself—so it's up in the air in whose favor the scales finally tipped.

This whimsical balancing act was first painted in 1936 as a cover for *The Saturday Evening Post*. Now this wonderful scene has been reproduced on artist canvas and is available for your pleasure.

Although this 11 x 14 print is perfect for your kitchen decor, it will add a touch of humorous warmth to any area of your home. Suitable for framing, it's a great gift-giving idea for house-warmings, showers and birthdays.

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Winning Against Leukemia

continued from page 93

had established that a final WBC of about 500 is typical (i.e., the patient's white count does not need to be lowered below that density to eradicate the disease). Although the patient does not feel anything abnormal, this low blood count results temporarily in a severely impacted immune system, leaving the patient susceptible to infections. Remember, 5,000 is considered minimal for a healthy person.

On day seven, I met with Dr. Saven.

"Your blood count looks typical for a successful treatment. The WBC is right at 500," Dr. Saven assured me. "In the next couple of days, the count should begin to rise."

The next day, the count was indeed at 600, the next was at 700, and the next at 800. "It's getting monotonous," Dr. Saven said. "Go home."

It's been 18 months since I was diagnosed with leukemia. My white cell count was back to 6,000 a few weeks after the 2CdA therapy but has remained normal. Other tests, including bone marrow biopsies, have verified that the disease is gone. Best of all, I feel great.

I still keep in touch with my heroes at Scripps who, I understand, are working on cures for many leukemias. I have this vision that one day all cancer and other equally distressing diseases will be controlled as easily as mine.

And if, heaven forbid, you should hear the "C word" from your doctor, don't despair. He may just have something in his or her black bag for you.

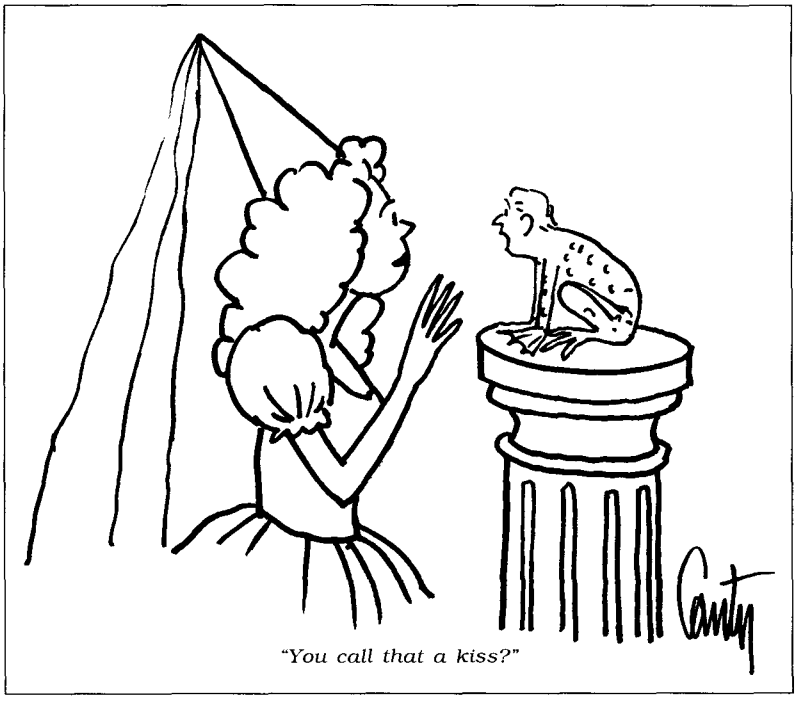
Editor's note: At press time, the Food and Drug Administration approved cladribine, the drug described in this article as 2CdA. It is marketed under the name Leustatin and distributed by Ortho Biotech, a Johnson & Johnson subsidiary.

Fitness Comes in Cycles

continued from page 48

with strong pressure, may cause the bicycle to skid.

On long, steep downhills, as well as in wet weather, you should "feather" the brakes—gently tap them, applying intermittent pressure. For a quick stop, as you firmly press the brakes, slide to the back of the saddle. This will keep the rear of the bike down so you don't flip over the handlebars. Be careful not to jam the brakes, however, or you may lose control of the bike.



"You call that a kiss?"

Remember cycling road sense. Use hand signals so drivers around you can predict your actions. Learn to change gears without taking your eyes off the road to prevent swerving into traffic, and don't ride side by side with another cyclist.

From the book The Wellness Encyclopedia *by the editors of the* University of California, Berkeley, Wellness Letter. *Published by Houghton-Mifflin Co. © 1991 by Health Letter Associates. Reprinted with permission.*

Eric Schiffer

continued from page 39

greatness. The future of our country is only as good as the next generation. We need to build strong character, strong minds, and strong bodies."

On May 8, the Eric Schiffer Youth Foundation sponsored scholarship races at the Children's Better Health Institute's Fitness Farm in Indianapolis. At this widely celebrated event, 6- to 14-year-old winners of races from 200 meters to one mile took home scholarship checks of $1,000. A Predicted Time Race victory upped the payoff to $2,000.

It was Eric Schiffer's way of encouraging the kids to finish high school and later avoid becoming social driftwood. He is promising more such races in other parts of the country.

Although Eric is a very focused and determined person, he also is a very caring individual, according to the flow of young and old who seek his advice on becoming a success. He begins by telling them, "Be real, and respect everyone."

Heeding his own words, Eric is on a first-name basis with all of his employees. When a worker at one of his companies participated in a boxing match, the boss was there cheering him on with the rest of the staff.

"I've been in business for 26 years," Linda Lowery, QMA president, says, "and I've learned more from him than from any other owner. It's amazing to meet a man of his youth with his intellect."

Would you like to meet Eric Schiffer? No problem. He has made his movie debut playing himself in the Morris Day production, "The One for Me," scheduled to open late this year.

As a former *Cosmopolitan* magazine "Bachelor of the Year," Eric admits to his love for women and romance. Marriage and a big family are definitely in the future. After all, his love of children and patriotism inspire his American Dream program.

And will this handsome, energetic bachelor go tooth and nail after a bride? Hardly. In this regard, he considers himself old-fashioned. He likes sending affectionate notes and flowers to his dates.

"No one teaches romance," he says. "But notes and flowers add to the relationship. Makes it more intense."

As we said, Eric Schiffer is a man of surprises.

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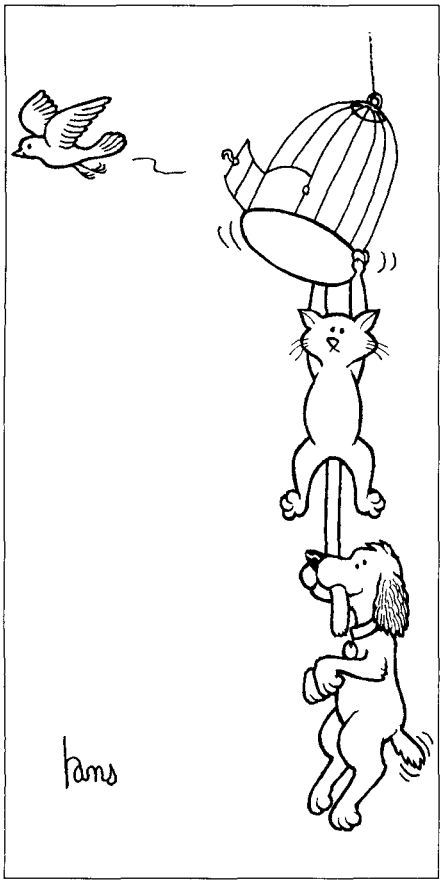

Where Do You Think You Are?

(answers from page 88)
(Theme: Former U.S. Presidents)

1. Harrison, NE
2. Washington, IN
3. Monroe, ME
4. Bush, KY
5. Carter, MT
6. Tyler, WA
7. Buchanan, GA
8. Roosevelt, AZ
9. Hayes, SD

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Meet the Winners

continued from page 44

their whole hearts to this event. Even the kids who didn't get a scholarship are winners. They've won the race for good health and fitness habits."

As the sun danced in and out of the thousands of tulips planted around the track, the scholarship races came to an official close. But the sparkle in the eyes of the young victors told a different tale. The sweet taste of victory would last them through many happy and healthful days.

Take it from wide-eyed winner Shaina Veeneman, age five: "I can't wait till next year!" she said, running in a tight circle around the awards table.

—Stan Zukowski

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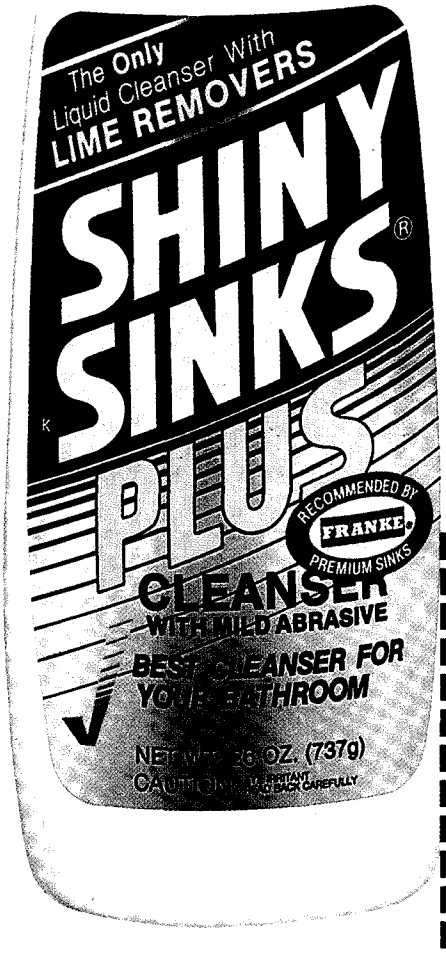

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